

Good Cooking made Easy

Spry
THE FLAVOR SAVER



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Ladies, here's quick help for *your* cooking problems

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TODAY, we are bending every effort to make a strong, invincible America. The buoyant health of every man, woman, and child . . . of every member of *every* household . . . is an important link in our country's strength. It is our patriotic duty to feed our families well . . . to serve nourishing food in our homes *daily*.

So you have a real job to do in your country's defense . . . to see that your family gets good food and plenty of it . . . to choose the *right* foods . . . prepare them so that they will be both appetizing and delicious. It is not enough for food to be wholesome, nutritious, well-balanced . . . food must also look good, taste good.

That is where all you good cooks step in and take over. You know that reliable recipes are important in helping you turn out dishes that are attractive, good to eat. You rely upon pure, wholesome ingredients for making good, nourishing foods. Healthful breads and biscuits . . . hearty main-dish casseroles . . . light, delicate cakes . . . tender, flaky pies — these are some of the stand-bys that will help you serve satisfying, balanced meals.

Select the Right Food Daily

To keep the body in good running order, include each of these nutrients in the diet, daily.

1. *Proteins* build muscles and repair worn-out tissues. Chief sources: milk, meat, fish, eggs, cheese, nuts.

2. *Fats* and *carbohydrates* provide energy for work and play; also furnish bodily warmth. Chief sources: vegetable shortening, butter, animal fats, cereals, breads, potatoes, sugar. Fats are the richest source of energy, *by weight* giving more than twice as many calories as carbohydrates or proteins. A pure 100% fat supplies over 4000 calories per pound; provides quick and lasting energy.

3. *Vitamins* and *minerals* safeguard health, regulate body processes, promote growth and mental vigor. No wonder we should strive for adequate amounts of them in our diets! Chief sources: fruits, vegetables, eggs, milk, butter, cheese, whole-grain cereals, enriched bread, liver.

Good Food

Good Nutrition . .

Good Health

Ladies, our government has asked all of us to give our families nourishin', well-balanced meals . . . to make 'em strong an' healthy. These pointers from the food and nutrition folks in the Spry Kitchen will make it *easy* for you to serve nutritious meals your folks will *relish*.

I hope you'll love these favorite receipts of mine. Do try all of 'em . . . they're thrifty, reliable, easy to use. Each one has been tested over an' over in the Spry Kitchen till it's foolproof. Every step is so clear, so easy . . . even brand-new brides win loads of praise on their Spry cookin'!

So treat your folks to some of these dandy Spry cakes, pies, an' fried foods *today*. See how quick creamy-soft Spry mixes. An' what light, delicate-flavored cakes you get . . . what flaky, tender pies . . . what crispy, digestible fried foods . . . all just *brimful of deliciousness!*

Use these temptin', dependable receipts every day, ladies, an' keep your families healthy, happy, and fit.

Aunt Jenny

USE THIS DAILY GUIDE FOR

Serve these essential foods every day

Food

Amount

How to Use in Preparing Meals

Milk

Bottled

1 pint for each adult
1 quart for each child

Evaporated

This vitally important food supplies protein and many vitamins. It is the richest source of calcium of any food and also furnishes other minerals in liberal amounts.

1 pint undiluted evaporated milk can be counted as 1 quart milk.

AS a drink, plain, or in beverages. . . . In soups, sauces, creamed and scalloped dishes with vegetables, fish, meat, eggs, and cheese. (See pages 26-32.) . . . Use milk liberally in general cooking and in making all kinds of baked products like cakes, cream-pie fillings, puddings, biscuits, and breads. . . . Evaporated milk can also be used either undiluted or diluted with half water.

Vegetables

Leafy, Green, or Yellow Vegetables

1 or more servings

Leafy: lettuce, cabbage, spinach, greens.

Green: peas, string beans, asparagus, broccoli.

Yellow: sweet potatoes, carrots, corn, squash, turnips.

Potatoes, Other Vegetables, or Fruit

2 or more servings

These foods are particularly valuable for their vitamins and minerals.

SERVE raw vegetables frequently — cooking means losses in vitamins and minerals. . . . Cook vegetables in a small amount of water for as short a time as possible. Save the water for soups and sauces or serve with the vegetables. . . . Canned, dried, and frozen vegetables can be used as well as fresh vegetables.

Tomatoes, Oranges, Grapefruit, Lemons, Raw Cabbage

1 or more servings

This group, because it is the chief source of Vitamin C, becomes increasingly important as the food budget becomes smaller.

COOK potatoes in a variety of ways — they are a good staple food and economical. . . . Serve them baked and eat the skins (page 26), creamed, scalloped, French fried (page 35), boiled in the jackets, mashed, pan-fried (page 38); in soups, stews, meat pies.

SERVE tomatoes (fresh or canned) as juice; or stewed, scalloped, sliced. Add them to soups, pot roasts, stews, macaroni and rice dishes, and in preparing vegetable, egg, and cheese dishes. (See pages 28, 30, 31.) . . . Serve citrus fruits in fruit drinks, chilled fruit mixtures, salads, desserts; as meat and fish accompaniments.

Eggs

3 or 4 a week; 1 a day is better.

Eggs supply protein, vitamins, and iron.

SERVE eggs scrambled, poached, baked, cooked in the shell, fried, creamed; use them in soufflés, custards, sandwich fillings, puddings, sauces.

This Chart supports the National Nutrition Program.

BALANCED, NUTRITIOUS MEALS

to keep your family healthy and fit

| Food | Amount | How to Use in Preparing Meals |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lean Meat, Poultry, Fish, Cheese Liver, kidneys, heart, and and other internal organs. This group is valued as protein foods. Meats, es- pecially, are important sources of iron. Cheese supplies protein and other nutrients. | 1 or more servings | C HEAPER cuts of meat are just as nutritious as higher-priced cuts. (See pages 30-32 for budget main dishes.) . . . Use bones and trimmings in soups, stews. . . . Buy poultry that is in season. . . . Fish can be used in many appetizing dishes. (See pages 31-39.) . . . Serve cheese with rice, macaroni, potatoes; in biscuits, casseroles, croquettes. . . . Use dried beans, peas, or peanuts as a main dish frequently, especially in low-cost dishes. |
| Cereals, Breads, Crackers Breakfast cereals, mac- aroni, spaghetti, noodles, rice, hominy, tapioca; flour and meal products. This group includes nour- ishing staple foods basic to an adequate diet, es- pecially those of low cost. | At every meal | S ERVE hot cereals, also ready-to-eat cereals. Pan- fry leftover cold cereal; serve with sirup. . . . Use cereals as an ingredient in making desserts, cookies, hot breads. (See pages 40-48.) . . . Combine macaroni products, noodles, and rice with cheese, meat, fish, or vegetables for main dishes. (See pages 26-39.) . . . Use breads made with enriched or whole-grain flour. Include those made with whole wheat, oatmeal, cracked wheat, also hot breads made with whole- grain products. (See pages 45-48.) |
| Fats Butter and other spreads; vegetable shortening; vegetable oils; bacon, lard, and other animal fats. Peanut butter. Fats should be included in the diet because they are the richest source of energy; also they are vital to normal nutrition. | Daily | U SE butter as a spread for bread. If other spreads are used they should be fortified with vitamins. . . . Use vegetable shortening for making wholesome, good-to- eat baked products and appetizing, digestible fried foods. (See pages 33-39.) . . . Vegetable oils have wide use in salad dressings. . . . The flavor of animal fats determines their use in cooking. |
| Sweets Sweet desserts, sugars, molasses, sirups, honey, jellies, jams, candies. This group helps make the diet interesting and pleasing. Use sweets to satisfy but never to spoil the appetite. | Serve desserts once or twice a day. | S ERVE cakes frequently — they can be made espe- cially healthful by using evaporated milk or fruit juices as the liquid. (See pages 16-21.) . . . A custard pie is a favorite dessert and a good way to slip milk and eggs into a meal. (See page 9.) . . . Keep the cookie jar filled — serve cookies with fruit for des- sert. (See pages 40-44.) . . . Pies, cobblers, dumplings, puddings offer interesting ways to serve fresh, canned, and dried fruits. (See pages 4-15.) |

Spry Piecrust



Easy as pie to get tender, flaky crust—this Spry 2-STEP WAY

Here's all you do for a 2-crust pie



Mix $2\frac{1}{4}$ cups sifted ALL-PURPOSE FLOUR and 1 teaspoon SALT. Measure out $\frac{3}{4}$ cup SPRY and divide into two equal parts.

Step 1 for Tenderness — cut in first half of Spry until as fine as meal. Use a light cutting stroke.

Step 2 for Flakiness — cut in remaining Spry until particles are size of large peas. Do not overmix.

Add 5 tablespoons cold WATER (no more, no less), mixing thoroughly into a dough.



Apple Pie

- 1 recipe Spry Piecrust (above)
- 6 large tart apples, sliced thin
- 1 cup sugar
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon lemon juice
- 1 tablespoon butter

It's America's favorite pie — choose your own spicing and flavoring.

ROLL $\frac{1}{2}$ of dough $\frac{1}{8}$ inch thick and line a 9-inch pie plate. Fill pie shell with sliced apples. . . Mix sugar, spices, salt, and lemon juice. Sprinkle over apples. Dot with butter. Moisten edge of pie with water. . . Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over apples and seal edge of pie. . . Bake in hot oven (425°F.) 50 to 60 minutes.

Old-Time Apple Pie. Use $\frac{1}{2}$ cup sugar and 3 tablespoons light molasses.

Spicy Apple Pie. Increase cinnamon to 1 teaspoon and nutmeg to $\frac{1}{2}$ teaspoon.

Honey Apple Pie. Use 6 tablespoons granulated sugar and $\frac{1}{3}$ cup honey.

Nectar Mince Pie

- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup corn sirup
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup Spry
- 2 eggs
- $\frac{1}{2}$ cup seedless raisins
- $\frac{1}{2}$ cup mincemeat
- $\frac{1}{2}$ cup walnuts, chopped
- $\frac{1}{2}$ cup pecans, chopped
- 1 teaspoon vanilla
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 recipe Spry Piecrust (above)

Use this lacy lattice-top on other pies, too — it's especially attractive on colorful fruit pies.

COMBINE sugar, corn sirup, salt, and Spry and bring to a boil. . . Beat eggs and add raisins, mincemeat, nuts, vanilla, and fruit juices. Add hot sirup gradually. Cool. . . Roll $\frac{1}{2}$ of dough and line a 9-inch pie plate. Roll remaining half of dough and cut in narrow strips about $\frac{3}{8}$ inch wide. . . Fill pie shell with mixture. Place pastry strips on top, crisscrossing them to make an attractive lacy top. Moisten edge of pie, place strip of dough around rim, and press together with fork. . . Bake in hot oven (425°F.) 30 to 35 minutes.

Lemon Meringue Pie

½ cup cold water
7 tablespoons cornstarch
1½ cups hot water
1¼ cups sugar
3 egg yolks, slightly beaten
1 lemon (grated rind and juice)
1 tablespoon butter
1 baked Spry Pie Shell
(page 7)

A blue-ribbon winner, with tangy lemon filling that's satin-smooth, soft but firm.

MIX ½ cup cold water and cornstarch to thin paste. . . . Combine 1½ cups hot water and sugar in top of double boiler and bring to boil over direct heat. Add cornstarch paste and cook until mixture begins to thicken; return to double boiler and cook until thick and smooth (15 minutes), stirring constantly. . . . Stir a small amount of mixture into egg yolks, return to double boiler, and cook a few minutes longer. . . . Add lemon rind and juice and butter and blend well. Cool, stirring occasionally. . . . Pour into baked pie shell. . . . Top with meringue made with 3 egg whites, 6 tablespoons sugar, and 1 teaspoon lemon juice. (See Meringue, page 7.)

MAKE a Lemon Meringue Pie as directed in recipe above and just before baking press marshmallows, cut side up, into meringue.

The baked meringue has a delicate crusty top and fragrant toasted flavor.

Toasted Marshmallow Lemon Pie

Lemon Meringue Pie (above)
5 marshmallows, cut in quarters

This lovely pie is pictured below.



Fresh Cherry Pie

- 4 cups fresh red cherries, pitted
- 3 tablespoons quick-cooking tapioca
- 1 cup sugar
- 1 tablespoon butter
- 1 recipe Spry Piecrust (page 4)

No tapioca for thickening? Substitute same amount of flour.

COMBINE cherries, tapioca, and sugar and let stand while pastry is being made. . . . Roll $\frac{1}{2}$ of dough and line a 9-inch pie plate. Fill pie shell with cherry mixture. Dot with butter. Moisten edge of pie with water. . . . Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over cherries and seal edge of pie. . . . Bake in hot oven (425°F.) 50 to 60 minutes.

Spiced Pear Pie

- 1 $\frac{1}{2}$ cups canned pear juice
- 3 cups canned pears
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon quick-cooking tapioca
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{2}$ teaspoon nutmeg
- 1 recipe Spry Piecrust (page 4)
- 1 tablespoon butter

For sweeter pie, use $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup pear juice (not boiled down), increase tapioca and lemon juice 1 tablespoon each.

DRAIN juice from pears. Boil down pear juice to $\frac{1}{2}$ cup. . . . Combine pears, juice, salt, tapioca, lemon juice, and spices. Let stand while rolling pastry. . . . Roll $\frac{1}{2}$ of dough and line a 9-inch pie plate. Fill pie shell with fruit mixture. . . . Dot with butter. . . . Moisten edge of pie with water. Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over fruit and seal edge of pie. . . . Bake in hot oven (425°F.) 50 to 60 minutes.

Peach Pie

Variation
of
Spiced Pear Pie (above)

A delightful all-season pie.

FOLLOW recipe for Spiced Pear Pie (above), using canned peaches and peach juice instead of pears and pear juice; omit spices and lemon juice and add 1 tablespoon orange rind.

Pineapple Pie

Variation
of
Spiced Pear Pie (above)

Mellow, different, delicious!

FOLLOW recipe for Spiced Pear Pie (above), using canned pineapple (cut in pieces) and pineapple juice instead of pears and pear juice; omit spices and lemon juice and add $\frac{1}{4}$ cup sliced maraschino cherries.

Prune Pie

- 3 cups cooked unsweetened prunes, pitted
- 1 cup prune juice
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon quick-cooking tapioca
- 1 to 2 tablespoons lemon juice
- 1 recipe Spry Piecrust (page 4)
- 2 tablespoons butter

No sugar needed for this nature-sweet pie—simmer the prunes without sugar.

COMBINE prunes, prune juice, salt, tapioca, and lemon juice. . . . Roll $\frac{1}{2}$ of dough and line a 9-inch pie plate. Fill pie shell with fruit mixture. . . . Dot with butter. Moisten edge of pie with water. . . . Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over fruit and seal edge of pie. . . . Bake in hot oven (425°F.) 50 to 60 minutes.

Sprycrust SO easy to digest . . .

So delicate, too, you get all the rich FULL flavor of the filling.

Just make one of these delicious pies the easy Spry way and see how tender, flaky, and nut-sweet the crust is. So digestible, too! . . . Here's why: Spry is purer . . . doesn't break down at the high baking temperatures needed for pastry. Bake a Spry pie *today* and *taste the difference*.

Nothin' to makin' Pie Shells if you follow these easy pointers

says Aunt Jenny

Spry Pie Shell

Mix $1\frac{1}{4}$ cups sifted ALL-PURPOSE FLOUR and $\frac{1}{2}$ teaspoon SALT. Measure out 7 tablespoons SPRY and divide into two equal parts.

STEP 1 FOR TENDERNESS

Cut in first half of Spry until as fine as meal. Be sure to use a *light* cutting stroke.

STEP 2 FOR FLAKINESS

Cut in remaining Spry until particles are size of large peas. Do not overmix.

Add 3 tablespoons cold WATER (no more, no less), mixing thoroughly into a dough. . . . Roll $\frac{1}{8}$ inch thick and prick with fork (for baked pie shell only). . . . Place dough in pan and let relax 5 minutes. Pat with ball of dough to fit pastry into pan. . . . Trim pastry 1 inch larger than pan and turn back edge. Flute rim. . . . Bake in very hot oven (450°F.) 10 to 15 minutes. . . . Makes enough pastry for a 9-inch 1-crust pie.

MELT chocolate in milk in double boiler and blend with rotary egg beater. . . . Mix flour, cornstarch, sugar, and salt. Add to chocolate mixture and cook 15 minutes, stirring constantly. The mixture should be thick and smooth. . . . Stir a small amount of mixture into egg yolks, return to double boiler, and cook a few minutes longer. . . . Add butter and vanilla. Cool. . . . Pour into baked pie shell. . . . Top with Meringue (below) and bake as directed.

BEAT egg whites until they hold a stiff peak. Add sugar gradually (1 tablespoon at a time), beating constantly. Add vanilla or lemon juice. Pile lightly on filling in baked pie shell. . . . Bake in slow oven (325°F.) 25 to 30 minutes, or until meringue is firm and delicately browned.

• PIES •



Pat out air with ball of dough, working from center. Then pie shell won't puff out of shape while baking.

After cutting pastry 1 inch larger than pan, turn dough back even with rim to make a stand-up "collar."

To make an attractive fluted rim, hold fingers in position shown and crimp dough evenly all around.

Chocolate Meringue Pie

- 3 ounces chocolate, cut in pieces
- $2\frac{1}{2}$ cups milk
- 3 tablespoons flour
- 3 tablespoons cornstarch
- 1 cup sugar
- $\frac{1}{2}$ teaspoon salt
- 2 egg yolks, slightly beaten
- 1 tablespoon butter
- 2 teaspoons vanilla
- 1 baked Spry Pie Shell (page 7)

If you wish, use half evaporated milk, half water.

Meringue

- 2 egg whites
- 4 tablespoons sugar
- $\frac{1}{2}$ teaspoon vanilla or
- 1 teaspoon lemon juice

Beat egg white stiff; add sugar gradually.

Tart Shells and Patties

Or, fit pastry rounds over fluted patty pans and bake.

1 recipe Spry Piecrust (page 4)

If using Spry Pastry Mix, use 3 cups of the Mix (page 10).

Coconut Orange Cream Tarts

Or, pour this filling into a baked Spryshell, cover with meringue, and brown. Cut coconut with scissors.

- 2 cups milk
- 3 tablespoons flour
- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 2 egg yolks, slightly beaten
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup shredded coconut, cut
- 1 teaspoon orange rind
- 8 baked Orange Tart Shells (above)

Cream Pie

Try delicious variations with other fruits and flavors. If desired, omit cream and use 2 cups milk.

- 1 cup milk
- 1 cup light cream
- 3 tablespoons flour
- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 2 egg yolks, slightly beaten
- 1 teaspoon vanilla
- 1 baked Spry Pie Shell (page 7)

Deep-Dish Grape Pie

Make this marvelous dessert when grapes are ripe.

- 5 cups Concord grapes
- 1 to 1 $\frac{1}{4}$ cups sugar
- $\frac{1}{8}$ teaspoon salt
- 3 tablespoons quick-cooking tapioca

Cheese Topping

- $\frac{1}{2}$ cup cream, whipped
- 1 cup mashed cottage cheese
- $\frac{1}{4}$ teaspoon salt
- Blend all ingredients.

ROLL dough $\frac{1}{4}$ inch thick and prick with fork. Cut in 5-inch rounds and fit over outside of muffin pans, pinching into about 7 pleats. . . . Bake in very hot oven (450°F.) 10 to 15 minutes. . . . Makes 12.

Orange Tart Shells. Add 2 tablespoons grated orange rind to flour; use 5 tablespoons orange juice instead of water. Bake as above but only 8 to 10 minutes.

SCALD milk in top of double boiler. . . . Combine flour, cornstarch, sugar, and salt and mix thoroughly. Add to scalded milk and cook until thick and smooth, then cook 15 minutes longer, stirring occasionally. . . . Stir a small amount of mixture into beaten egg yolks, return to double boiler, and cook a few minutes longer. . . . Cool and add vanilla. . . . Rub coconut with orange rind. Add to cream filling. . . . Pour filling into baked Orange Tart Shells. . . . Cover with Meringue (page 7) and bake as directed. . . . Makes 8.

SCALD milk and cream in top of double boiler. . . . Combine flour, cornstarch, sugar, and salt, and mix thoroughly. Add to scalded milk and cook until thick and smooth, then cook 15 minutes longer, stirring constantly. . . . Stir a small amount of mixture into egg yolks, return to double boiler, and cook a few minutes longer. Cool and add vanilla. . . . Pour into baked pie shell. . . . Top with Meringue (page 7) and bake as directed.

Banana Cream Pie. Slice 2 bananas thin and arrange in baked shell. Pour Cream Pie filling over them, top with meringue, and bake as directed.

Coconut Cream Pie. Add $\frac{1}{2}$ cup coconut to Cream Pie filling; sprinkle $\frac{1}{2}$ cup coconut over meringue before baking.

FOR pastry, use recipe for Pie Shell (page 7). Wash grapes and slip from skins. Bring pulp to a boil and cook slowly 3 minutes, stirring occasionally. Press through sieve. Add strained pulp to skins. . . . Combine sugar, salt, and tapioca; add to grapes. Pour into oblong baking dish. . . . Roll dough $\frac{1}{4}$ inch thick and of a size to cover baking dish, allowing 1 inch all around. Cut a few deep slits to permit steam to escape. Moisten rim of baking dish. Place pastry over grapes in dish, turn edge under, and press on rim all around dish. . . . Bake in hot oven (425°F.) 35 to 45 minutes. . . . Serve with Cheese Topping.

How to Make a Custard Pie With Crisp, Flaky Undercrust

AT last you can make a custard pie with a crisp, flaky undercrust! Here's how you do it:

1. Bake the custard and pie shell separately in pans of the same size (9-inch for Spry recipe). Bake each at its correct temperature.
2. Bake the pie shell in very hot oven (450°F.) 12 minutes. Let cool.
3. Butter a pie pan before pouring in the custard. Set pan in larger pan of hot water and bake in moderate oven (350°F.) 35 to 40 minutes.
4. Let custard cool to room temperature.
5. Loosen custard from sides of pan with knife or spatula. Shake gently to loosen custard from bottom. Slide it quickly, but carefully, into baked and cooled pie shell. Allow to settle for a few minutes before serving.



Bake custard and pie shell separately.

Slide baked custard into pie shell.

BEAT eggs slightly and add sugar and salt. . . . Add milk and vanilla. . . . Strain custard mixture into unbaked pie shell and sprinkle generously with nutmeg. . . . Bake in hot oven (425°F.) 25 to 35 minutes, or until knife inserted comes out clean.

Coconut Custard Pie. Add 1 cup shredded coconut to custard mixture before pouring into pie shell.

SCALD milk in top of double boiler. . . . Combine sugar, cornstarch, flour, and salt, and mix thoroughly. Add to scalded milk and cook until thick and smooth, then cook 15 minutes longer, stirring constantly. . . . Stir a small amount of mixture into egg yolks, return to double boiler, and cook a few minutes longer. Remove from heat. . . . Add butter and peanut butter and blend. Cool. . . . Pour filling into baked pie shell. . . . Top with Meringue (page 7) and bake as directed.

COMBINE pumpkin, sugar, salt, spices, and molasses, and mix. . . . Add eggs and milk and mix thoroughly. . . . Pour mixture into unbaked pie shell. (See page 7.) . . . Bake in hot oven (425°F.) 40 to 45 minutes, or until knife inserted comes out clean. . . . Creamy texture and just-right spicing give this pumpkin pie excellent eating quality. . . . For lighter color and more delicate flavor, omit molasses.

Squash Pie. Use cooked squash instead of pumpkin.

Custard Pie

- 3 eggs and 2 egg yolks, or 4 eggs, slightly beaten
- 1/2 cup sugar
- 1/2 teaspoon salt
- 2 1/2 cups milk
- 1 teaspoon vanilla
- 1 unbaked Spry Pie Shell (page 7)
- Grated nutmeg

They'll love nutritious eggs and milk served this way! An easy-on-sugar pie, too.

Peanut Butterscotch Pie

- 2 1/4 cups milk
- 1 cup brown sugar, firmly packed
- 2 tablespoons cornstarch
- 3 tablespoons flour
- 1/4 teaspoon salt
- 2 egg yolks, slightly beaten
- 2 tablespoons butter
- 3 tablespoons peanut butter
- 1 baked Spry Pie Shell (page 7)

This peanut-butterscotch blend is delicious! Wholesome, nutritious, too.

Colonial Pumpkin Pie

- 1 1/2 cups cooked pumpkin
- 1 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1/4 teaspoon allspice
- 2 tablespoons molasses
- 3 eggs, slightly beaten
- 1 cup evaporated milk

sirup or

"Time is precious! Time is saved — when you use Spry Pastry Mix!" says Mrs. Mabel Bowen, famous cooking-school lecturer.



Here's How to Make Spry Pastry Mix

Make up this Mix once and you'll never be without it.

If you do considerable baking, you will find it convenient to make up this recipe twice and have enough Mix on hand for a dozen large pies. . . . It is easier to make up this recipe twice than to double the amounts and make it up once.

Store Spry Pastry Mix on Pantry Shelf

Use this Mix for quick, easy pie-making.

Any container with a tight-fitting cover can be used for storing Pastry Mix. . . . If you wish, label the can attractively in your own hand-lettering.

How to Use Spry Pastry Mix in Making Pastry

Spry Pastry Mix — Your own homemade pie mix Always ready . . . easy to use

Speed up your pie-making — measure and mix the dry ingredients for many pies all at once.

Simplify your pie-making — just add water and mix into dough.

Be sure of perfect piecrust every time — pastry that's flaky, tender, nut-sweet.

Have oven-fresh pies at a moment's notice — pie mix is so handy for jiffy-quick baking.

Pie mix is truly economical — insures good results with a saving of time, effort, ingredients.

Spry Pastry Mix is the modern short cut that streamlines your baking. Make a batch, today!

MIX 7 cups sifted ($1\frac{3}{4}$ pounds) ALL-PURPOSE FLOUR and 1 tablespoon SALT. Divide 1 pound ($2\frac{1}{3}$ cups) SPRY into two equal parts.

Step 1 for Tenderness — cut in first half of Spry until as fine as meal. Cut in *lightly*.

Step 2 for Flakiness — cut in remaining Spry until particles are size of large peas. Do not overmix.

This recipe makes $10\frac{1}{4}$ cups Spry Pastry Mix — enough for:

| | |
|---------------------|-----------------------|
| | 1 two-crust pie, |
| 6 one-crust pies or | 2 one-crust pies, and |
| | 1 dozen tart shells. |

STORE your Spry Pastry Mix in a covered container like a big empty Spry can. The Mix need not be refrigerated — it will keep sweet and fresh right on the pantry or kitchen shelf — just as Spry itself does.

So keep a can of Pastry Mix on hand — use it whenever you want to make a flaky fruit pie, a savory meat pie, dressy little tarts or patties, or any other kind of dish that needs a golden-crisp pastry. And remember — Pastry Mix is so versatile it can even be used in making cookies, hot breads, cakes, and the like.

TO MAKE a two-crust pie or twelve tart shells, use 3 cups Spry Pastry Mix. Add 5 tablespoons cold water and mix into a dough the same as in making Spry Piecrust (page 4).

To make a one-crust pie, use $1\frac{3}{4}$ cups Spry Pastry Mix and 3 tablespoons cold water.

Speed Up Your Baking with These Jiffy Recipes Using Spry Pastry Mix

Spry Pastry Mix can be used as the foundation of many baked products besides pastry. The proportion of shortening to flour is such that Pastry Mix can serve as a "quick starter" for cookies, shortcakes, cupcakes, biscuits, waffles, and many other

favorites. The recipes below show how easy and quick baking can be. You'll see how versatile . . . how practical . . . how successful this Master Mix is when you've made some of these mouth-watering products. Try them today!

Little Crumb Cakes

Mix 2 cups SPRY PASTRY MIX with
2 teaspoons baking powder
¾ cup sugar

Blend with rotary egg beater
1 egg
¾ cup milk
1 teaspoon vanilla

Add ¼ of liquid to dry ingredients, beating until smooth. Add remaining liquid and beat vigorously. . . Pour into Sprycoated cupcake pans. . . Mix ¼ cup Pastry Mix with 2 tablespoons brown sugar. Sprinkle 1 teaspoon mixture on each cake. . . Bake in very hot oven (450°F.) 15 to 20 minutes. Makes 12.

Bran Biscuits

Mix 1 cup SPRY PASTRY MIX with
¾ cup sifted flour
3 teaspoons baking powder
¾ teaspoon salt
Add
½ cup bran and blend
Add

¾ cup milk (about) and mix to a soft dough
Knead lightly 20 seconds. Roll ½ inch thick. Cut with biscuit cutter. . . Bake in hot oven (450°F.) about 12 minutes. . . Makes 12.

Shortcakes

Mix 2 cups SPRY PASTRY MIX with
3 teaspoons baking powder
Add (and mix lightly)
½ cup milk

Drop by spoonfuls on baking sheet. . . Bake in very hot oven (450°F.) 12 to 15 minutes. Split each hot biscuit, spread with softened butter, and put sweetened fruit between and on top. Serve with cream. Makes 6. . . If you prefer, add 1 beaten egg and use ¼ cup milk.

Molasses Cookies

Mix 1 ¾ cups SPRY PASTRY MIX with
¾ cup sifted flour
½ cup sugar
1 teaspoon soda
1 teaspoon ginger
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
Add
1 egg, beaten
½ cup molasses

Drop from tablespoon on Sprycoated baking sheets. Flatten cookies (see page 40). . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . Makes 3 dozen.

Sugar Cookies

Mix 2 ¼ cups SPRY PASTRY MIX with
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon grated lemon rind
½ teaspoon nutmeg
1 cup sugar
Add
2 eggs, beaten
2 tablespoons milk

Drop from tablespoon on Sprycoated baking sheets. Flatten cookies (see page 40). . . Bake in moderate oven (375°F.) 8 to 12 minutes. Makes 3 ½ dozen.

Waffles

Mix 2 cups SPRY PASTRY MIX with
2 teaspoons baking powder
Add (and mix well until blended)
2 egg yolks, well beaten, combined with
1 cup milk
Fold in
2 egg whites, stiffly beaten

Bake in hot waffle iron. Serve hot with sirup or honey. . . Makes 6 four-section waffles.



Honey Apple Dumplings

Sweet and
sugarless —
an old favorite
with a new
twist.

- 2 cups sifted flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup Spry
- ½ cup milk (about)
- 6 medium-sized apples,
cored and pared
- 1 tablespoon butter
- 6 tablespoons honey
- 1 tablespoon lemon juice
- ¼ teaspoon salt

Honey Sauce

- ¾ cup honey
- 1½ cups water
- 2 tablespoons butter
- 2 tablespoons Spry
- ¼ teaspoon salt

Cream Puffs

Extra-special:
fill with vanilla
ice cream and
top with
sweetened
berries.

- ½ cup Spry
- 1 cup boiling water
- 1 cup sifted all-purpose
flour
- ¼ teaspoon salt
- 4 eggs, unbeaten

Cream Filling

Add ¼ cup
chopped
toasted nuts
for a
taste-thrill!

- ½ cup sugar
- 5 tablespoons flour
- Dash of salt
- 2 cups milk
- 2 egg yolks, slightly beaten
- 1 teaspoon vanilla

Desserts are the crownin' touch of the meal—and here are some pippins—so easy, too...just you try 'em an' see

...says AUNT JENNY

SIFT flour with baking powder and salt. . . . Cut in Spry fine. . . . Add milk, mixing until soft dough is formed. Roll dough into rectangle, 12 x 18 inches. Cut into 6 squares. . . . Place an apple in each square. Fill centers with combined butter, honey, lemon juice, and salt. . . . Moisten edges of dough with cold water. Bring up four corners of dough to top of apple and press edges firmly together. . . . Place in 10 x 10 x 2-inch Sprycoated pan. Pour Honey Sauce over dumplings and bake in hot oven (400°F.) 30 to 35 minutes. Serve with or without cream.

Boil honey, water, butter, Spry, and salt together 5 minutes.

The mellow-rich honey sauce bakes into a beautiful glaze over the tender, golden dumpling crust. Honey not only sweetens the dumplings but adds a delicious flavor to the tart apples.

BRING Spry and water to boiling point in saucepan. . . . Sift flour and salt together. Add to water all at once and beat vigorously until mixture is thick and smooth and comes away easily from sides of pan. Remove from fire. . . . Add eggs, one at a time, beating thoroughly after each addition until mixture is smooth and blended. . . . Drop mixture from tablespoon about 2 inches apart on Sprycoated baking sheet. (The mixture should hold its shape and not spread.) . . . Bake in very hot oven (450°F.) for 10 minutes, then reduce heat slightly to 400°F. and bake 25 minutes longer. . . . Cool. Slit each puff and fill with Cream Filling. Dust with confectioners' sugar. . . . Makes 18 puffs.

MIX sugar, flour, and salt together thoroughly. . . . Add milk and mix well. Add egg yolks and blend. . . . Place over hot water and cook until smooth and thick, stirring constantly (about 10 minutes). Cool, stirring occasionally, to prevent a skin forming on top. . . . Add vanilla. . . . Makes enough filling for 18 puffs.

Strawberry Shortcake

- 3 cups sifted flour
- 4 1/2 teaspoons baking powder
- 2 tablespoons sugar (if desired)
- 1 1/2 teaspoons salt
- 3/4 cup Spry
- 1 cup milk (about)
- 2 quarts fresh strawberries, hulled, cut in quarters, and sweetened

The old-fashioned biscuit shortcake everyone loves!

SIFT dry ingredients together and cut in Spry. . . . Add milk, mixing to a soft dough. . . . Knead lightly 20 seconds. . . . Divide dough in half. Pat one piece into Sprycoated 9-inch layer pan. Spread with Spry and cover with other half, patting to fit pan. . . . Bake in hot oven (425°F.) 30 minutes. . . . Separate layers. Spread with butter; cover with 1/2 of berries. Place upper layer on top. Cover with remaining berries. . . . Serves 8.

Serve this shortcake with other fresh fruits like peaches, raspberries, oranges, bananas. Combinations are delicious, too: raspberries and peaches, apricots and blackberries, strawberries and pineapple.

SIFT dry ingredients and cut in Spry. Add milk, mixing to soft dough. Knead 20 seconds. . . . Roll 3/4 inch thick. Cut with 3-inch biscuit cutter and place on baking sheet. . . . Bake in very hot oven (450°F.) 12 minutes. Split biscuits and put berries between. . . . Top with whipped cream and garnish with whole berries. . . . Serves 6. Delicious with plain cream, too.

In splitting hot shortcakes, break them apart gently with the fingers — do not cut with a knife.

Individual Strawberry Shortcakes

- 2 cups sifted flour
- 3/4 teaspoon salt
- 2 tablespoons sugar (if desired)
- 3 teaspoons baking powder
- 1/2 cup Spry
- 1/2 cup milk (about)
- 1 quart fresh strawberries, sliced and sweetened

A grand recipe for all kinds of fruit and berry shortcakes.



Apple Pandowdy

An American favorite from Colonial days. Molasses mellowes the apples to amber deliciousness.

- 4 tart apples, sliced thin
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup molasses
- $\frac{1}{2}$ cup hot water
- 1 cup sifted flour
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup Spry
- $\frac{1}{2}$ cup milk (about)

Gingerbread

For a special treat, add 1 cup chopped dates with the flour. Serve in squares with whipped cream.

- $\frac{1}{2}$ cup Spry
- $\frac{3}{4}$ teaspoon salt
- $1\frac{1}{4}$ teaspoons cinnamon
- 1 teaspoon ginger
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{3}{4}$ teaspoon cloves
- $\frac{1}{2}$ cup sugar
- 1 egg, unbeaten
- $\frac{3}{4}$ cup molasses
- $2\frac{1}{2}$ cups sifted flour
- $\frac{1}{2}$ teaspoon baking powder
- 1 teaspoon soda
- 1 cup boiling water

Pineapple Upside Down Cake

Win compliments with this luscious dessert! For variety, make with apricots, apples, or peaches.

- $\frac{1}{2}$ cup Spry
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup sugar
- 1 egg, unbeaten
- $1\frac{1}{2}$ teaspoons baking powder
- $1\frac{1}{4}$ cups sifted flour
- $\frac{1}{2}$ cup canned pineapple juice
- $\frac{1}{2}$ cup brown sugar, firmly packed
- 5 slices canned pineapple
- 5 maraschino cherries (optional)

Tart Lemon Sauce

Tangy, refreshing over cottage pudding or fruit fritters.

- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup sugar
- Dash of salt
- 1 cup boiling water
- 1 tablespoon butter
- Grated rind of 1 lemon
- Juice of 1 lemon
- $\frac{1}{4}$ teaspoon nutmeg

FILL oblong baking dish with sliced apples. . . Mix sugar, cinnamon, and salt. Sprinkle over apples. . . Combine molasses and hot water and mix together. Pour over apples. . . Bake in hot oven (425°F.) 25 minutes. . . Meanwhile sift flour with baking powder and salt. Cut in Spry. . . Add milk, mixing to a soft dough. Knead lightly about 20 seconds. . . Roll dough into a rectangle about $\frac{1}{2}$ inch thick. Fit dough over cooked apple mixture. Prick top all over with fork. . . Bake in hot oven (425°F.) 20 to 25 minutes. . . Serve warm with thin cream. . . Serves 8.

BLEND Spry, salt, and spices. . . Add sugar gradually and cream well. . . Add egg and beat well. . . Add molasses and blend. . . Sift flour with baking powder and soda. Add to creamed mixture, blending well. Add boiling water and beat until smooth. . . Pour batter into 10 x 10 x 2-inch Spry-coated pan. . . Bake in moderate oven (350°F.) 45 to 55 minutes.

Orange Gingerbread. Warm $\frac{1}{2}$ cup orange juice, 1 teaspoon orange rind, and 2 tablespoons honey and pour over gingerbread just as it comes from the oven.

BLEND Spry, salt, and vanilla; add sugar gradually and cream well. . . Add egg and beat well. . . Sift baking powder with flour 3 times. . . Add flour to creamed mixture, alternately with pineapple juice, mixing after each addition until smooth. . . Sprinkle brown sugar on bottom of 8 x 8-inch pan coated liberally with Spry. . . Arrange pineapple on sugar, put cherries in centers of slices, and pour batter over all. . . Bake in moderate oven (350°F.) 50 minutes. . . Serve upside down with whipped cream. . . Serves 8.

Apricot Upside-Down Cake. Use $\frac{1}{2}$ cup canned apricot juice instead of pineapple juice and 9 apricot halves instead of sliced pineapple.

COMBINE cornstarch, sugar, and salt and mix well. . . Add boiling water, stirring constantly, and boil gently 5 minutes. . . Add butter, rind, juice, and nutmeg. . . Makes $1\frac{1}{4}$ cups sauce.

Cinnamon Sauce. Use $\frac{1}{8}$ teaspoon cinnamon instead of nutmeg, omit lemon rind, and use only 1 tablespoon lemon juice.

All measurements in this book are level

Easy Cocoa Pudding

- 1 cup sifted flour
- ½ teaspoon salt
- ½ cup sugar
- 2 teaspoons baking powder
- 5 tablespoons cocoa
- ¼ cup Spry
- ½ cup milk
- 1 teaspoon vanilla
- ½ cup nuts
- ½ cup brown sugar, firmly packed
- ½ cup light or dark corn sirup
- ¾ cup boiling water

This fudge-like pudding makes its own luscious sauce while baking.

SIFT flour with salt, sugar, baking powder, and 3 tablespoons cocoa. . . . Cut in Spry fine. . . . Add milk, vanilla, and nuts and mix well. . . . Spread into 8 x 8 x 2-inch pan. . . . Mix brown sugar, remaining 2 tablespoons cocoa, and corn sirup thoroughly. Add boiling water and mix. . . . Pour over mixture in pan and bake in slow oven (325°F.) 45 minutes. . . . Serve warm. Garnish with whipped cream. Serves 6 to 8.

Chocolate Fudge Pudding. Use 1 ounce melted chocolate instead of 3 tablespoons cocoa in batter; 1 ounce melted chocolate instead of 2 tablespoons cocoa in sauce. Use ½ cup white sugar instead of corn sirup in the sauce and increase boiling water to 1 cup.

PLACE cherries in Sprycoated baking dish. Sprinkle tapioca over cherries. Combine sugar, salt, and cherry juice and pour over cherries. . . . Sift flour with baking powder and salt. Cut in Spry until mixture is as fine as meal. . . . Add almonds and mix well. . . . Add milk to flour mixture, beating with a fork. . . . Drop dough by small spoonfuls on cherry mixture and sprinkle with sugar. . . . Bake in hot oven (425°F.) 25 minutes. . . . Serve hot with or without cream. . . . Serves 6 to 8.

Peach Cobbler. Drain No. 2½ can sliced peaches and boil down juice to ¼ cup; add 1 tablespoon lemon juice and ¼ teaspoon almond extract. Proceed as in Cherry Cobbler.

Cherry Cobbler

- 2 cups canned red pitted cherries, drained
- 1 tablespoon quick-cooking tapioca
- ½ cup sugar
- Dash of salt
- ¾ cup cherry juice
- 1 cup sifted flour
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ¼ cup Spry
- ¼ cup chopped almonds (optional)
- ½ cup milk (about)

For a sweeter dessert, add ¼ cup sugar to the flour before cutting in the Spry.

Quick Desserts From Leftover Pastry

ROLL dough ⅛ inch thick and cut with cookie cutter. In ½ of the circles cut 2 or 3 small holes with thimble. Bake in very hot oven (450°F.) 5 to 10 minutes. Cool. Put plain and perforated pastry circles together in pairs with jelly between.

ROLL pie dough thin and cut in small circles. Place a spoonful of jam or mincemeat in center. Wet edges. Place another circle on top and press edges together. Crease three marks across top, turn, and repeat. Bake in hot oven (425°F.) 10 to 15 minutes.

ROLL dough in thin rectangle. Spread with Spry, then with jam; sprinkle with chopped nuts, raisins, sugar, and cinnamon. Roll; slice ¼ inch thick. Bake in hot oven (425°F.) 15 minutes.

Old-Time Jelly Tarts

Turn your "pie trimmings" into these flaky old-time goodies.

Jam or Mince Circles

Make these tempting sweet pastries from your leftover pie dough.

Pastry Whirls

Try these dainty little tea-time treats.

I'm so proud of
the light,
tender cakes
my young radio
friends make!
—Aunt
Jenny



Even beginners like me can turn out prize-winning cakes this simple Spry way. Try this Chocolate Cake as a starter—you're sure to succeed!



Accurate, level measurements are important to good results. Use standard measuring cups and spoons. Pack Spry firmly into cup. Level off top with spatula. Four-cup sets ($\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, 1 cup) are handy.



Thorough creaming of Spry and sugar is essential to feathery lightness and fine, even grain in the finished cake. Add sugar gradually (it's easier and quicker), creaming until mixture is light and fluffy.



Mix melted chocolate with creamed Spry-sugar-egg mixture. See how quickly, easily it blends. The cake will taste rich and chocolate-y because Spry is so pure and bland it lets flavors come through fully.



To substitute cocoa for chocolate, use 6 tablespoons cocoa plus 1 tablespoon Spry instead of 2 ounces chocolate. For easy mixing and even distribution of flavor, blend cocoa with Spry, salt, and vanilla.

SEE how quick and easy Spry mixes. Your cakes turn out lighter... so fine-grained, tender, velvety! And what flavor! For purer Spry brings out all the chocolate-y goodness, mellow vanilla, true fruit freshness... doesn't smother them as ordinary shortenings may. Yet Spry costs far less than expensive cake shortening... Saves time, money, flavor... make all your cakes the Spry way.

Chocolate Cake

- $\frac{1}{2}$ cup Spry
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 2 eggs, unbeaten
- 2 ounces chocolate, melted
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon soda
- 1 $\frac{3}{4}$ cups sifted flour*
- $\frac{3}{4}$ cup milk

BLEND Spry, salt, and vanilla. ... Add sugar gradually and cream well. ... Add eggs, singly, beating well after each addition. ... Add chocolate and blend. ... Sift baking powder and soda with flour 3 times. Add flour to creamed mixture, alternately with milk, mixing after each addition until smooth. ... Bake in two Sprycoated 8-inch layer pans in moderate oven (350°F.) 30 to 35 minutes. ... Frost with Quick Fudge Frosting (page 23) or other favorite frosting.

**Either cake flour or all-purpose flour can be used in the cake recipes in this book. Cake flour is preferred by many for making the finest cakes.*

MIX and sift cocoa with $\frac{1}{3}$ cup sugar. Add scalded milk gradually and stir until smooth. Cool. . . . Blend Spry, salt, and vanilla. Add 1 cup sugar gradually and cream well. . . . Add eggs, singly, beating well after each addition. . . . Sift soda with flour 3 times. Add flour to creamed mixture, alternately with cocoa mixture, mixing after each addition until smooth. . . . Bake in two deep 9-inch Sprycoated layer pans in moderate oven (350°F.) 25 to 30 minutes. . . . Spread Seven Minute Frosting ($\frac{1}{2}$ recipe) between layers and on top of cake.

BAKE cake in two layers as in recipe. . . . Frost [with Nougat Frosting as directed on page 23. . . . Melt chocolate with Spry and pour around edge of cake letting it drip down over sides as shown in picture on page 25. This rich dessert-cake needs no other accompaniment but a beverage.

BLEND Spry, salt, and vanilla. . . . Add sugar gradually and cream well. . . . Add egg and beat. . . . Sift baking powder with flour 3 times. Add to creamed mixture, alternately with milk, mixing after each addition until smooth. . . . Bake in oblong 12 x 8-inch Sprycoated pan in moderate oven (375°F.) 30 to 35 minutes. . . . When cool, spread Chocolate Topper on top of cake and serve in squares. For Chocolate Topper, melt one 7- or 8-ounce bar semisweet or bittersweet chocolate; cool. Fold into 1 cup cream (whipped) very lightly to give a mottled effect.

Two-Way Cake. Bake in Sprycoated 10 x 10 x 2-inch pan in moderate oven (375°F.) 30 to 35 minutes. Serve half as Cottage Pudding with Tart Lemon Sauce (page 14). Next day, cut other half to make two layers and frost with Victory Frosting (page 21).

Devil's Food Cake

- $\frac{3}{4}$ cup cocoa
- $\frac{1}{2}$ cup sugar
- $1\frac{1}{4}$ cups scalded milk
- $\frac{3}{4}$ cup Spry
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 3 eggs, unbeaten
- $1\frac{1}{4}$ teaspoons soda
- 2 cups sifted flour

To save sugar: use $\frac{1}{2}$ recipe for Seven Minute Frosting (page 23). Frost tops of layers only.

Bittersweet Nougat Cake

- 1 recipe Devil's Food Cake (above)
- 1 recipe Nougat Frosting (page 23)
- 1 ounce chocolate
- 1 teaspoon Spry

Turn to page 25 and see what a handsome cake this is. It tastes even better!

Chocolate Topper Cake

- $\frac{1}{3}$ cup Spry
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 1 egg, unbeaten
- $2\frac{1}{2}$ teaspoons baking powder
- 2 cups sifted flour
- $\frac{3}{4}$ cup milk

A versatile one-egg cake that can be baked in layers, loaf, or cupcakes.

To make 18 cupcakes, bake in Sprycoated cupcake pans in hot oven (425°F.) 15 to 18 minutes. Frost with Chocolate Frosting, page 22.



Rub pans with Spry Pan-coat and cakes come out like magic. Try this time-saver!

Spry Pan-Coat

- $\frac{1}{2}$ cup Spry
- $\frac{1}{4}$ cup flour

BLEND Spry with flour to form a smooth mixture. Keep in covered dish on kitchen shelf. Like Spry, Pan-coat stays sweet and fresh without refrigeration. Use for coating cake pans, muffin pans, and baking sheets to prevent sticking.



With Spry Pan-coat, cakes come out of pans so easily — and what a smooth crust!

Now we can
afford to have
Cake oftener



Orange Bonbon Cake

See this beautiful cake (page 24). Bake it soon and enjoy the fresh orange flavor and superb eating quality.

- ¼ cup Spry
- 1 teaspoon salt
- Grated rind of 1 orange
- 1 ½ cups sugar
- 3 eggs, unbeaten
- 3 teaspoons baking powder
- 3 cups sifted flour
- Juice of 1 medium-sized orange
- 2 tablespoons lemon juice
- Water

Orangeade Cake

Instead of 1 cup sour cream, you can use ½ cup sweet cream mixed with 1 tablespoon lemon juice.

- ½ cup Spry
- 1 teaspoon salt
- 1 tablespoon grated orange rind
- 1 cup sugar
- 2 eggs, unbeaten
- 1 teaspoon soda
- 1 teaspoon baking powder
- 2 cups sifted flour
- 1 cup sour cream
- ½ cup orange juice
- 1 cup nuts, finely chopped

Four-Square Chocolate Cake

A gorgeous cake — every corner has a different flavor (page 25).

- 1 recipe Chocolate Cake (page 16)



THAT'S what thousands of women say when they change to Spry for cakes — because Spry costs far less than expensive cake shortening. Baking the Spry way cuts out costly failures, too. . . . Make a Spry cake *today* and see if you ever got such a light, tender cake . . . so moist, fine, velvety. Brimful of luscious flavor, too, because pure, bland Spry brings out the rich, *natural* goodness of your ingredients, doesn't dull it as ordinary shortenings may.

BLEND Spry, salt, and grated orange rind. Add sugar gradually and cream well. . . . Add eggs, singly, beating thoroughly after each addition. . . . Sift baking powder with flour 3 times. . . . Combine orange juice and lemon juice and add water to make 1 cup. . . . Add flour to creamed mixture, alternately with combined fruit juices and water, mixing after each addition until smooth. . . . Bake in two deep 9-inch Sprycoated layer pans in moderate oven (375°F.) 25 to 30 minutes. . . . Spread Bonbon Frosting (page 22) between layers and on top of cake.

BLEND Spry, salt, and orange rind. . . . Add sugar gradually and cream well. . . . Add eggs, singly, beating well after each addition. . . . Sift soda and baking powder with flour 3 times. . . . Add flour to creamed mixture, alternately with sour cream and orange juice, mixing after each addition until smooth. . . . Add nuts and blend. . . . Bake in Sprycoated 10 x 10 x 2-inch pan in moderate oven (350°F.) 45 to 50 minutes. . . . Warm ¼ cup sugar (or 2 tablespoons honey), ½ cup orange juice, 1 tablespoon orange rind, and 2 tablespoons lemon juice and pour over cake just as it comes from oven.

BAKE in Sprycoated 10 x 10 x 2-inch pan in moderate oven (350°F.) 40 to 50 minutes. . . . Using Creamy Vanilla Frosting (page 22), frost each corner differently: ¼ plain, ¼ decorated with nuts, ¼ mixed with 1 ounce melted chocolate, ¼ mixed with 1 teaspoon orange rind.

See how easy baking becomes when you switch to the Spry way!

"When I used to bake a cake, I thought I'd done a day's work," says Mrs. G. J. Dickman, of Buffalo, New York. "But now since I've changed to Spry, I bake everything in one day: cake, pies, cookies. Spry creams so easily, I don't feel tired at all after I'm through."



BLEND Spry, salt, and vanilla. . . . Add sugar gradually and cream well. . . . Add beaten eggs, mixing well. . . . Sift baking powder with flour 3 times. Add flour, alternately with milk, mixing after each addition until smooth. . . . Bake in two Sprycoated 8-inch layer pans in moderate oven (375°F.) 25 to 30 minutes. . . . Spread Seven Minute Frosting (page 23) between layers and on top and sides of cake. Sprinkle coconut between layers and on top and sides.

Cherry or Orange Coconut Cake. Rub 1 cup coconut with 8 maraschino cherries, cut fine, or with the grated rind of 1 orange; sprinkle over sides and top of frosted cake.

BLEND Spry, salt, and vanilla. . . . Add sugar gradually and cream well. . . . Add eggs, singly, beating well after each addition. . . . Sift baking powder with flour 3 times. Add flour to creamed mixture, alternately with liquid, mixing after each addition until smooth. . . . Bake in Sprycoated 10 x 10 x 2-inch pan in moderate oven (350°F.) 40 to 45 minutes. . . . While cake is baking, prepare Peanut Crunch Icing (page 23).

Coconut Layer Cake

$\frac{1}{4}$ cup Spry
 $\frac{3}{4}$ teaspoon salt
 1 teaspoon vanilla
 1 cup sugar
 1 whole egg and 2 egg yolks,
 well beaten
 2 teaspoons baking powder
 2 cups sifted flour
 $\frac{3}{4}$ cup milk
 2 cups shredded coconut

Sugar-saving tip: half the recipe for Seven Minute Frosting will cover this cake — for more lavish frosting use whole recipe.

Plantation Crunch Cake

$\frac{1}{4}$ cup Spry
 $\frac{3}{4}$ teaspoon salt
 1 teaspoon vanilla
 1 cup sifted brown sugar,
 firmly packed
 2 eggs, unbeaten
 2 $\frac{1}{2}$ teaspoons baking powder
 2 cups sifted flour
 $\frac{3}{4}$ cup milk

Before measuring, sift brown sugar to remove all lumps. Then pack firmly into cup.

Aunt Jenny's Favorite Cake

An easy, inexpensive stand-by. Bake it in layers, loaf, or cupcakes. Vary with your favorite flavorings.

- 1½ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 2 eggs, unbeaten
- 2½ teaspoons baking powder
- 2 cups sifted flour
- ¾ cup milk

Sugar-Saving Variation

- 1½ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- ¼ teaspoon almond extract
- ¾ cup light corn sirup
- 2 eggs
- ¼ teaspoon soda
- 1 teaspoon baking powder
- 2½ cups sifted flour
- ½ cup honey mixed with
- ½ cup milk

Mix same as Aunt Jenny's Favorite Cake and bake in two Sprycoated 8-inch layer pans in moderate oven (350°F.) 30 to 40 minutes. Frost as desired.

BLEND Spry, salt, and vanilla. . . . Add sugar gradually and cream until light and fluffy. . . . Add eggs, singly, beating well after each addition. . . . Sift baking powder with flour 3 times. Add flour to creamed mixture, alternately with milk, mixing after each addition until smooth. . . . Bake in two Sprycoated 8-inch layer pans in moderate oven (375°F.) 25 minutes. . . . Frost with Chocolate Frosting (page 22) or any other frosting preferred.

MAPLE LAYER CAKE. Add ¼ teaspoon maple extract. Spread Creamy Maple Frosting (page 22) between layers and on top. (See picture below.)

VANILLA CREAM NUT LOAF. Add 1 cup chopped nuts with last ¼ of flour and bake in Sprycoated 10 x 10 x 2-inch pan in moderate oven (350°F.) 40 minutes. Frost with Creamy Vanilla Frosting (page 22). (See picture below.)

CHOCOLATE CHIP CUPCAKES. Pour batter into Sprycoated cupcake pans. Sprinkle with one-fourth 7-ounce or 8-ounce bar semisweet or bitter-sweet chocolate, coarsely chipped. Bake in moderate oven (375°F.) 15 to 20 minutes. Makes 18. (See picture below.)

PLAIN CUPCAKES. Omit chocolate in above recipe for Chocolate Chip Cupcakes.



BLEND Spry, salt, and vanilla. . . Add sugar gradually and cream well. . . Sift baking powder with flour 3 times. Add flour to creamed mixture, alternately with milk, mixing after each addition until smooth. . . Fold in egg whites. . . Bake in Sprycoated 8-inch tube pan in moderate oven (350°F.) 50 minutes. . . Frost with Penuche Frosting (page 23); decorate with walnuts, if desired. (See page 25.)

BLEND Spry, flavoring extracts, and salt. Add sugar gradually and cream well. . . Sift baking powder with flour 3 times. Add flour to creamed mixture, alternately with combined milk and water, mixing after each addition until smooth. . . Fold in egg whites. . . Bake in three 9-inch Sprycoated layer pans in moderate oven (350°F.) 25 to 30 minutes. . . Frost with Fresh Strawberry Icing.

Fresh Strawberry Icing. Use recipe for Creamy Vanilla Frosting (page 22), increase Spry to 3 tablespoons, sugar to 4 cups; use $\frac{1}{3}$ cup crushed berries instead of cream; omit vanilla — add 1 teaspoon lemon juice.

BLEND Spry, butter, salt, mace, and lemon rind. . . Add sugar gradually and cream well. Add eggs, singly, beating well after each addition. . . Sift flour with baking powder 3 times. Add to creamed mixture, alternately with milk, mixing after each addition until smooth. . . Bake in 9 x 5 x 3-inch paper-lined loaf pan in slow oven (300°F.) 1 hour, then increase heat slightly (325°F.) and bake 45 to 50 minutes longer.

BLEND Spry, salt, and spices. . . Add brown sugar gradually and cream well. . . Add eggs, singly, beating well after each addition. . . Sift baking powder and soda with flour 3 times. Add flour to creamed mixture, alternately with sour milk, mixing after each addition until smooth. . . Bake in Sprycoated 10 x 10 x 2-inch pan in moderate oven (350°F.) 40 to 50 minutes. . . Spread Coffee Raisin Frosting (page 22) on top of cake. . . Instead of brown sugar, you can use $\frac{1}{2}$ cup white sugar and $\frac{1}{4}$ cup dark corn sirup; decrease milk to $\frac{3}{4}$ cup.

PUT egg white, corn sirup (light or dark), sugar, cream of tartar, and salt in double boiler and mix thoroughly. Place over boiling water and beat with rotary egg beater until mixture will hold a peak (about 7 minutes). . . Remove from fire, add vanilla, and beat until cool and thick enough to spread.

Down-South White Cake

$\frac{1}{2}$ cup Spry
 $\frac{3}{4}$ teaspoon salt
 1 teaspoon vanilla
 1 cup sugar
 $2\frac{1}{2}$ teaspoons baking powder
 $2\frac{1}{4}$ cups sifted flour
 $\frac{3}{4}$ cup milk
 3 egg whites, stiffly beaten

Or, bake in two 8-inch layers in moderate oven (350°F.) 25 minutes.

Strawberry Festival Cake

$\frac{3}{4}$ cup Spry
 $1\frac{1}{2}$ teaspoons almond extract
 $\frac{1}{2}$ teaspoon vanilla
 1 teaspoon salt
 2 cups sugar
 3 teaspoons baking powder
 $3\frac{1}{4}$ cups sifted flour
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup water
 6 egg whites, stiffly beaten

See page 25 for picture of this beautiful white cake with luscious strawberry icing.

Pound Cake

$\frac{1}{2}$ cup Spry
 $\frac{1}{4}$ cup butter
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon mace
 $\frac{1}{2}$ teaspoon grated lemon rind
 $1\frac{1}{4}$ cups sugar
 3 eggs, unbeaten
 $2\frac{3}{4}$ cups sifted flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{3}{4}$ cup milk

Fine-grained, tender, delicious—and uses only 3 eggs!

Coffee Raisin Spice Cake

$\frac{1}{2}$ cup Spry
 $\frac{3}{4}$ teaspoon salt
 1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon nutmeg
 1 cup brown sugar, packed
 2 eggs, unbeaten
 1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon soda
 2 cups sifted flour
 $\frac{3}{4}$ cup thick sour milk

Good uniced, too. Serve in squares with fruit sauce.

Victory Frosting

1 egg white
 $\frac{1}{2}$ cup corn sirup
 2 tablespoons sugar
 $\frac{1}{4}$ teaspoon cream of tartar
 Dash of salt
 $1\frac{1}{2}$ teaspoons vanilla

Uses only 2 tablespoons sugar. At its best the day it's made.



How to Frost a Cake

For a level cake with straight sides, place one layer on rack, upside down. Spread top with frosting. Put second layer on; frost top with light, swirling strokes. If covering whole cake, frost sides before top layer.

Chocolate Frosting

Glossy, rich, creamy - tastes like fudge. Spreads beautifully, stays moist.

- 2 tablespoons Spry
- 1 tablespoon butter
- 3 ounces chocolate
- 5 tablespoons hot milk
- 2 cups sifted confectioners' sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon vanilla

Bonbon Frosting

Delicate in flavor, dainty in color. Rich and satin-smooth.

- 2 teaspoons orange rind
- 5 tablespoons orange juice
- 2 tablespoons Spry
- 1 tablespoon butter
- $\frac{1}{4}$ teaspoon salt
- $2\frac{1}{2}$ cups sifted confectioners' sugar
- $1\frac{1}{2}$ ounces chocolate, melted
- 1 tablespoon cream, scalded

Here are some mighty nice things you'll discover about Spry Frostings

THEY'RE made in a jiffy. Spry frostings are wonderfully creamy, moist, and glossy... they spread smoothly and swirl beautifully. *Extra-delicious*, too, for pure, bland Spry brings out delicate flavors.

Creamy Vanilla Frosting

- | | |
|--------------------------------|-------------------------------------|
| 1 tablespoon Spry | 2 cups sifted confectioners' sugar |
| 1 tablespoon butter | |
| $\frac{1}{4}$ teaspoon vanilla | 3 tablespoons scalded cream (about) |
| $\frac{1}{4}$ teaspoon salt | |

COMBINE Spry, butter, vanilla, and salt and blend.... Beat in $\frac{1}{2}$ cup sugar.... Add hot cream, alternately with remaining sugar, beating well after each addition. Add only enough cream to make a nice spreading consistency.... Makes enough frosting for tops of two 8-inch layers or top of 10 x 10- or 12 x 8-inch loaf.

Coffee Raisin Frosting. Instead of cream, use 2 tablespoons hot coffee and 1 tablespoon scalded top milk; omit vanilla; add $\frac{1}{4}$ cup ground raisins.

Creamy Maple Frosting. Instead of all vanilla, use $\frac{1}{2}$ teaspoon vanilla and $\frac{1}{4}$ teaspoon maple extract.

MELT Spry, butter, and chocolate together over hot water.... Pour hot milk over combined sugar and salt and stir until sugar is dissolved.... Add vanilla. Add chocolate mixture and beat until thick enough to spread.... Makes enough frosting for tops of 18 cupcakes or for tops and sides of two 8-inch layers.... If desired, add $\frac{1}{2}$ cup chopped nuts.

LET orange rind stand in orange juice 10 minutes; strain.... Cream Spry, butter, and salt together.... Add $\frac{1}{2}$ cup sugar gradually, creaming until light and fluffy. Add chocolate and blend.... Add remaining sugar, alternately with orange juice, beating until smooth. Add hot cream and beat well. Add just enough cream to make a nice spreading consistency.... Makes enough frosting for tops of two 9-inch layers.

All measurements in this book are level

COMBINE brown sugar, chocolate, Spry, butter, salt, and milk in saucepan and bring to a boil, stirring constantly. Boil slowly 3 minutes. Cool. . . . Add confectioners' sugar and vanilla and beat until thick enough to spread. . . . Makes enough frosting for tops and sides of two 8-inch layers or one loaf, 10 x 10 x 2 inches. . . . To substitute cocoa for chocolate, use 3 tablespoons cocoa and increase Spry to 2½ tablespoons.

COMBINE sugars, salt, milk, and butter in saucepan and bring to boil, stirring constantly until sugar is dissolved. Cook slowly, keeping crystals washed down from sides of pan, until a small amount forms a soft ball in cold water (232°F.). Cool to lukewarm (110°F.). . . . Beat until mixture thickens. . . . Add cream and beat until thick enough to spread. Spread on top and sides of cake. . . . Makes enough frosting to cover top and sides of 8-inch tube cake or tops of two 8-inch layers.

PUT egg whites, sugar, water, and corn sirup in top of double boiler and mix thoroughly. Place over rapidly boiling water and beat constantly with rotary egg heater until mixture will hold a peak (about 7 minutes). . . . Remove from fire, add vanilla, and beat until cool and thick enough to spread. . . . Makes enough frosting to cover tops and sides of two 9-inch layers. . . . Use ½ recipe to frost tops of layers only.

USE recipe for Seven Minute Frosting, mixing egg whites and sugar with 4 tablespoons water, 2 tablespoons each light corn sirup and honey, and ¼ teaspoon cream of tartar. Decrease vanilla to ½ teaspoon. To ½ of frosting, add ¼ cup chopped blanched almonds and spread between layers. Spread plain frosting on top and sides. (See picture of Bittersweet Nougat Cake, page 25; recipe page 17.)

COMBINE Spry, butter, brown sugar, and cream in saucepan and bring to a boil. . . . Remove from fire and add nuts. . . . Pour on warm cake and spread evenly. Place cake low under slow broiler flame and broil slowly until nuts are slightly toasted. . . . Makes enough icing to cover top of 10 x 10-inch loaf.

Honey Crunch Icing. Substitute ¼ cup honey for ½ cup brown sugar and omit cream.

Broiled Coconut Icing. Substitute 1 cup coconut for peanuts. An excellent topping for spice cake — see Coffee Raisin Spice Cake, page 21.

Quick Fudge Frosting

- 1 cup brown sugar, firmly packed
- 1 square chocolate, cut fine
- 2 tablespoons Spry
- 1 tablespoon butter
- ¼ teaspoon salt
- ¼ cup milk
- 1½ cups sifted confectioners' sugar
- 1 teaspoon vanilla

For soft, creamy frosting, boil mixture slowly for just 3 minutes.

Penuche Frosting

- ¾ cup brown sugar, firmly packed
- ¼ cup granulated sugar
- ¼ teaspoon salt
- ½ cup top milk
- 1 tablespoon butter
- 1 teaspoon cream

If frosting hardens while spreading, add a little hot cream.

Seven Minute Frosting

- 2 egg whites, unbeaten
- 1½ cups sugar
- 5 tablespoons cold water
- 1 teaspoon light corn sirup or ¼ teaspoon cream of tartar
- 1 teaspoon vanilla

To save sugar, frost tops of layers only and use ½ this recipe.

Nougat Frosting

Variation of
Seven Minute Frosting
(above)

A soft, swirly frosting — see Bittersweet Nougat Cake, page 25.

Peanut Crunch Icing

- 2 tablespoons Spry
- 2 tablespoons butter
- ½ cup brown sugar, firmly packed
- 2 tablespoons cream
- 1 cup peanuts, chopped

Everyone raves over this toasted icing — it's chewy, delicious!

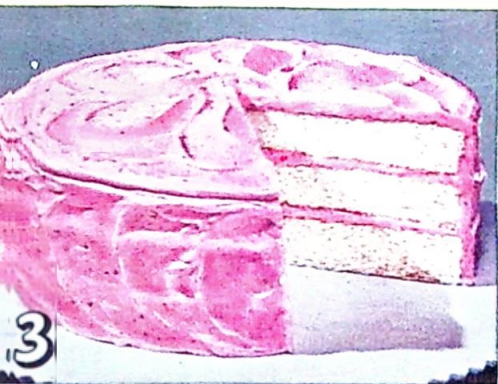
★ Win compliments with the



- 1** Orange Bonbon Cake
See page 18
- 2** Plantation Crunch Cake
See page 19
- 3** Strawberry Festival Cake
See page 21
- 4** Down-South White Cake
See page 21
- 5** Chocolate Topper Cake
See page 17
- 6** Bittersweet Nougat Cake
See page 17
- 7** Four-Square Chocolate
Cake
See page 18



ese *EXTRA* delicious cakes ★





Chicken Pie

Good old-fashioned kind—tender chicken in yellow gravy and topped with fluffy Spry biscuits.

- 4-pound fowl, cut in pieces
- 1 quart boiling water
- 2 teaspoons salt
- 6 peppercorns
- 2 stalks celery, cut in pieces
- 3 sprigs parsley
- 6 tablespoons flour
- 6 tablespoons cream
- ½ teaspoon paprika
- 1 recipe Baking Powder Biscuits (page 45)

Dinner-Plate Special

Meat Loaf

For baked potatoes with crispy, good-tasting skins, rub potatoes with Spry before baking.

- 2 pounds ground beef
- ¼ cup melted Spry
- ¼ cup onion, minced
- 2 cups soft bread crumbs
- 3 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon mustard
- ¾ cup tomato juice
- ¼ cup catchup

Baked Potatoes

- 8 potatoes, rubbed with Spry

Fried Chicken

Want crispy brown crusts, juicy meat inside? Sear chicken in hot Spry—then cook at low heat.

- 3-pound frying chicken, cut in serving pieces
- ½ cup Spry
- ¼ cup water
- 1 ½ tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- 1 cup boiling water
- 2 tablespoons cream

Savory main dishes to fit every purse

These temptin' meals stick to your ribs, folks. An' what a cinch they are to make

SAYS AUNT JENNY

NEARLY cover chicken with boiling water and stew with seasonings until tender (about 2 hours). Then cut chicken in large pieces, removing bones and skin. Strain stock and add water to make 4 cups. . . . Make a smooth mixture of flour and cream, and add to broth. Bring to boil and stir until well blended. Add chicken and paprika and pour into casserole. . . . Roll biscuit dough ⅜ inch thick and cut with very small (1½-inch) biscuit cutter. . . . Cover hot chicken and gravy with biscuits and bake in hot oven (450°F.) 30 minutes. . . . Serves 6. . . . For a crimple-crust top, roll dough ¼ inch thick, sprinkle with paprika, roll like jelly roll, and cut in 1-inch slices.

COMBINE beef and melted Spry. Add onion, crumbs, salt, paprika, and mustard, and blend. Add tomato juice and mix well. . . . Pack in Spry-coated loaf pan. Spread catchup over top. . . . Scrub potatoes and rub with Spry. Bake loaf and potatoes in hot oven (400°F.) 1 hour. . . . Cut two small gashes at right angles across tops of baked potatoes and push potato up through opening, squeezing gently. Sprinkle with paprika. Serve with hot sliced meat loaf. Serves 8.

This oven dinner is so good—meat loaf with a savory baked-on topping and Spry-baked potatoes with crisp, tender, delicious skins.

ROLL pieces of chicken in seasoned flour. . . . Fry chicken in hot Spry in skillet. Brown well on both sides, then reduce heat slightly, add water, cover, and cook for 15 minutes on each side, or until chicken is tender. . . . Pour off from pan all but 2 tablespoons fat. Add flour, blend, and stir until richly browned. Add salt, pepper, paprika, and boiling water. Cook until smooth and thickened, stirring constantly. . . . Add cream and blend. . . . Serves 4.

All measurements in this book are level

BRUSH the trussed, stuffed turkey or chicken with melted Spry, cover with a piece of white cloth, and brush cloth thoroughly with melted Spry. Leave cloth on during roasting. . . . Roast bird in moderate oven (350°F.), allowing 20 to 25 minutes per pound. Turn during latter part of roasting to brown bird uniformly all over. . . . When done, remove skewers and threads used in sewing up stuffing cavities. Serve on hot platter with neck to the left of carver.



Lan' sakes, how you all praise this easy Spry way of roastin' turkey an' chicken! But no wonder, for your bird comes out so tender an' juicy, you can cut it with a fork

SAYS AUNT JENNY

COMBINE bread crumbs, salt, pepper, sage, thyme, and parsley, and mix thoroughly. . . . Melt Spry in skillet, add onion, and sauté lightly for 2 minutes, being careful not to brown onion. . . . Add bread crumbs and sauté until very lightly browned, stirring constantly from bottom. . . . Melt butter in boiling water and pour over crumbs, tossing lightly with two forks. Add more water if additional moisture is needed. . . . Makes enough stuffing for one 8-pound bird.

For a moist stuffing, use soft bread crumbs from day-old bread. A good way to prepare the crumbs is to cut slices of bread into small cubes, removing the brown crusts, if preferred.

FRY onions slowly in Spry until brown. . . . Cut beef into small serving pieces. Add to pan, increase heat, and brown meat on both sides. . . . Mix flour with seasonings and sprinkle over meat. Add water, vinegar, and catchup. Cover and simmer until meat is tender (2 hours). . . . Serves 6. . . . Rump, round, shank, or plate can also be used. With shank or plate, lengthen cooking time to at least 2½ hours.

The long, slow cooking gives the meat a deep, glossy-brown color and a subtle rich flavor. Delicious with baked potatoes and buttered green beans.

Roast Turkey or Chicken

Roasting turkey or chicken
(rub inside with salt)
Stuffing for Poultry
(see recipe below for
8-pound bird)
Melted Spry

Wonderfully
tender and
juicy, roasted
the Spry way.
No basting
necessary.



Stuffing for Poultry

3 quarts soft bread crumbs,
2½ teaspoons salt
¼ teaspoon pepper
1 teaspoon sage
¼ teaspoon thyme
2 tablespoons parsley,
chopped
½ cup Spry, melted
½ cup onion, minced
¼ cup butter
½ cup boiling water (about)

To bring out
the savory
goodness,
pan-fry lightly
in purer Spry.

Savory Beef

3 large onions, sliced
3 tablespoons Spry
2 pounds chuck beef
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon thyme
1 pint boiling water
2 tablespoons vinegar
1 tablespoon catchup

For a spicier
flavor, add ¼
teaspoon
ground
cloves.

Spanish Round Steak

For a tempting, thrifty oven dinner, bake escalloped potatoes, too.

- ¼ cup flour
- 3 teaspoons salt
- ¼ teaspoon pepper
- 2 teaspoons paprika
- 1 pound round steak
- ½ cup Spry
- 2 cups sliced onions
- 1 cup canned or cooked tomatoes (drained)
- 1 cup tomato juice (from drained tomatoes)

Ham Upside-Down Dinner

New, different, delicious! Light, tender corn bread baked on a well-seasoned meat mixture.

- 1½ cups onions, cut in rings
- ½ cup green pepper, diced
- 4 tablespoons Spry
- 2½ cups cooked ham
- ¼ teaspoon salt
- 3 cups canned tomatoes and juice (#2½ can)
- ½ recipe Corn Muffins (page 47)

One-Dish Dinner

Round out this dinner with a crisp salad, rolls, and Appie Pandowdy (page 14).

- 1 cup elbow macaroni
- 1 onion, sliced
- ¼ cup Spry
- 1 pound hamburger
- 1 tablespoon salt
- ¼ teaspoon pepper
- 2 cups cooked tomatoes
- 1 cup grated cheese

Steak and Onion Pie

This hearty main dish serves 6—uses only 1 pound round steak.

- 1 cup onions, sliced
- ¼ cup Spry
- 1 pound round steak, cut in small pieces
- ¼ cup flour
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- Dash of ginger
- Dash of allspice
- 2½ cups boiling water
- 2 cups raw potatoes, diced

Egg Pastry

Rich, golden topping for meat pies.

- 1 cup sifted all-purpose flour
- ½ teaspoon salt
- ½ cup Spry
- 1 egg, slightly beaten

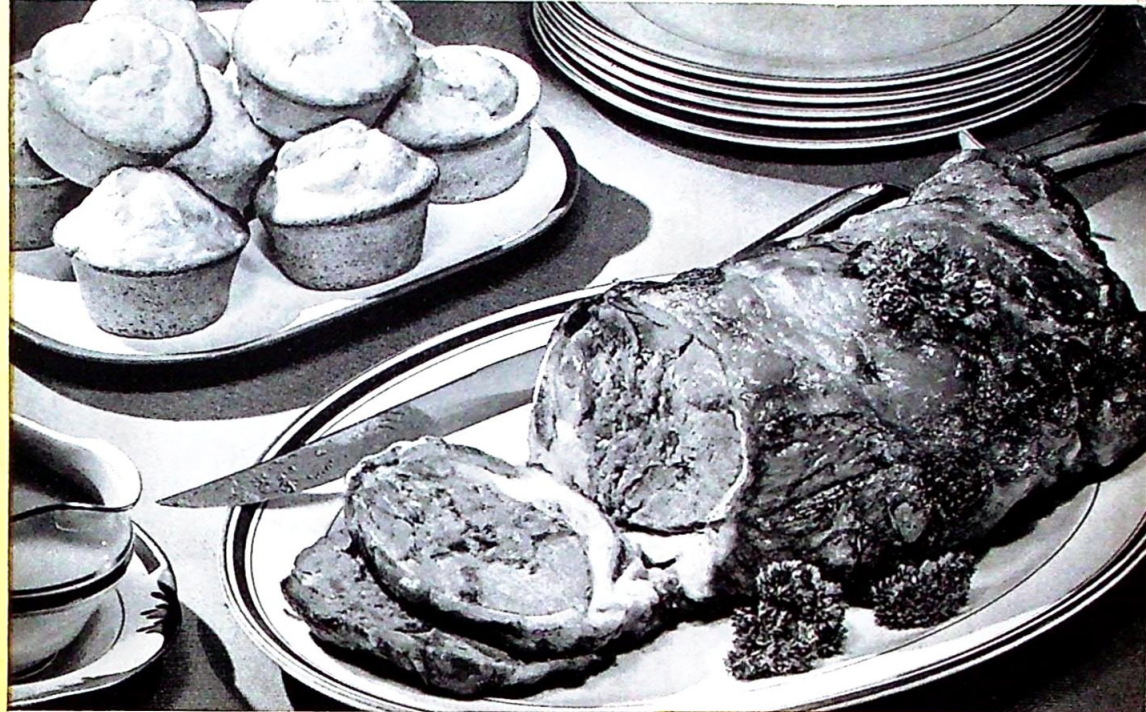
MIX flour with seasonings; pound into steak, then cut into serving pieces. . . . Brown meat in hot Spry in skillet and place in casserole. . . . Brown onions lightly in Spry in which meat was browned and place on meat. . . . Add tomatoes. . . . Add remainder of flour mixture to Spry in skillet and blend. . . . Add tomato juice and cook until thick, stirring constantly. Pour over meat in casserole. . . . Cook, covered, in moderate oven (375°F.) 1 hour. Uncover and cook 1 hour longer, or until tender. . . . Serves 4.

BROWN onions and green pepper slightly in Spry in deep 9-inch skillet. . . . Add ham (cut in strips), salt, and tomatoes; bring to boil. . . . Make corn-bread batter and pour over ham mixture. . . . Bake in hot oven (425°F.) 35 to 40 minutes. . . . Serve upside down on platter. . . . Serves 6. . . . Instead of the ham mixture, you may like to use a well-seasoned creamed chicken; or two one-pound cans of chili.

COOK macaroni in boiling salted water until tender (about 20 minutes). Drain. . . . Fry onions in hot Spry until yellow. . . . Add hamburger, salt, and pepper and brown meat. . . . Add tomatoes, cheese, and macaroni and mix well. . . . Bake in moderate oven (350°F.) 1 hour. . . . Serves 6.

FRY onions slowly in melted Spry until yellow. Remove onions. . . . Roll meat in mixture of flour and seasonings and spices. Brown in hot Spry. Add boiling water, cover, and simmer until meat is tender (about 1 hour). Add potatoes and cook 10 minutes longer. . . . Make Egg Pastry (recipe below). Roll dough into a circle about ¼ inch thick. Make several small openings for steam to escape. Pour meat into 8-inch Sprycoated casserole. Lay cooked onions on top. . . . Fit pastry over top and seal edge. . . . Bake in very hot oven (450°F.) 30 minutes. . . . Serves 6.

MIX flour and salt. . . . Add ½ of Spry and cut in until as fine as meal. . . . Add remaining Spry and cut in until particles are size of large peas. . . . Add egg, mixing thoroughly into a dough. . . . Makes enough pastry to cover an 8-inch casserole.



COMBINE first 10 ingredients. . . Fill pocket of meat with stuffing. Fasten together with skewers or tie securely with cord. . . Brush with 2 tablespoons additional Spry. . . Season with 2 teaspoons additional salt and $\frac{1}{4}$ teaspoon pepper. . . Roast in moderate oven (350°F.), allowing 45 minutes per pound. . . Serves 6 to 8.

The photograph above shows this juicy roast with its stuffing of succulent fresh vegetables, also a plate of crusty Gypsy Nut Muffins (page 47) — two nutritious dishes around which to build a hearty, healthful dinner for the family.

CUT veal into pieces for serving. . . Mix crumbs with salt, sage, pepper, and parsley. . . Melt $\frac{1}{4}$ cup Spry in skillet. . . Add onion and fry 2 minutes. Add crumbs and fry until very lightly browned, stirring constantly. . . Spread one tablespoon dressing on each piece of veal. Roll and tie with string. . . Rub with additional Spry and roll in seasoned flour. . . Brown in hot Spry (2 tablespoons) in skillet. Add water. . . Cover and bake in hot oven (425°F.) 1 hour, or until tender. . . Serves 6.

Roast Stuffed Lamb

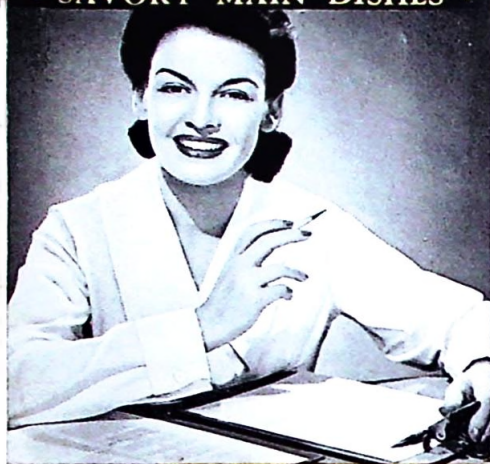
- 1 medium onion, diced
- $\frac{1}{2}$ cup celery, chopped
- 3 tablespoons green pepper, chopped
- $\frac{3}{4}$ cup raw carrot, grated
- 2 cups soft bread crumbs
- $1\frac{1}{4}$ teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon thyme
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{4}$ cup Spry, melted
- 4 pounds shoulder of lamb, cut with pocket

Succulent, tender meat—delicious vegetable stuffing that's packed with vitamins. Notice how bland Spry brings out the flavor!

Veal Birds

- $1\frac{1}{2}$ pounds veal steak
- 3 cups soft bread crumbs
- 2 teaspoons salt
- 2 teaspoons sage
- $\frac{1}{4}$ teaspoon pepper
- 2 teaspoons parsley, chopped
- 6 tablespoons Spry
- 2 tablespoons onion, finely chopped
- 1 cup water

Compliments fly when guests taste these tender, juicy little "birds" and savory stuffing!



March Lamb Choplets

For juicy tenderness and nice browning, spread each patty with Spry before broiling.

1/4 cup fine bread crumbs
1/4 cup milk
1 1/2 pounds shoulder lamb, ground
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon onion juice

Texas Hash

If you prefer, cook this good one-dish meal slowly on top of the stove.

2 large onions, sliced
2 green peppers, cut fine
3 tablespoons Spry
1 pound hamburger
2 cups canned tomatoes
1/2 cup uncooked rice
1 teaspoon chili powder
2 teaspoons salt
1/4 teaspoon pepper

Country-Fried Steak

For rich flavor, brown meat in hot Spry.

1 1/2 pounds round steak, cut thin
1/4 cup flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 cup Spry

Tempting Budget Dishes

Delicious main dishes at low cost when you cook the Easy Spry Way

THESE thrifty recipes — many of them one-dish meals — are made with inexpensive ingredients, seasoned to savory perfection. Following tested, dependable Spry recipes carefully is what we mean by "cooking the Spry way." It eliminates waste and failures. And pure, bland Spry lets you get all the rich, delicious flavor . . . doesn't cover it up as ordinary shortenings may. Try these tempting recipes and watch your family pass their plates for more!

COMBINE crumbs and milk and let stand while meat is being prepared. . . . Combine lamb, salt, pepper, onion juice, and crumb mixture. Shape meat in form of lamb cutlets and rub surfaces with Spry. Place cutlets on rack under broiler. Broil cutlets on one side until well browned (5-7 minutes), turn and brown on other side. . . . Makes 6 cutlets.

Pennywise Steak. Use hamburger instead of lamb. Shape meat in form of a steak, pressing firmly together, and spread surfaces with Spry. Place steak on rack under broiler. Broil until browned (6 to 10 minutes). Turn and brown on other side.

COOK onions and green pepper slowly in Spry until onions are yellow. Add hamburger and fry until mixture falls apart. . . . Add tomatoes, rice, and seasonings and mix. Put in large Sprycoated casserole, cover, and bake in moderate oven (375°F.) 45 minutes, or until done. . . . Serves 8.

Variations. 1. Instead of rice, use 1 cup uncooked spaghetti, macaroni, or noodles. 2. Substitute 1 cup chopped celery stalks and leaves for green pepper. 3. Use 1 teaspoon paprika instead of chili powder.

POUND steak very thin and roll in mixture of flour, salt, and pepper. . . . Brown steak in hot Spry in skillet. Add 3 tablespoons hot water and cover. Cook slowly 45 minutes. Remove meat. . . . Add 2 tablespoons additional flour to fat in pan. Add 1 1/2 cups hot water gradually and cook until thickened. . . . Serves 4.

COMBINE vegetables and seasonings and place in casserole rubbed with **Spry Pan-coat*. Put casserole in very hot oven (450°F.) for about 25 minutes, or until vegetables are boiling. . . . Meanwhile make biscuit topping as follows:

Sift flour with baking powder and salt. Cut in Spry until mixture is like meal. Then cut peanut butter in fine. . . . Add milk, mixing until a soft dough is formed. Drop by spoonfuls on boiling hot vegetables in casserole. . . . Bake in very hot oven (450°F.) about 25 minutes. . . . Serves 6.

MELT Spry in saucepan; add flour, salt, and pepper, and blend well. . . . Add milk gradually, stirring constantly, and continue stirring and cooking until thickened. . . . Makes 1 cup sauce.

Cheese Sauce. Add $\frac{3}{4}$ cup grated cheese and a few drops of Worcestershire sauce.

ADD onion and parsley to White Sauce (recipe above). Mix well. Place $\frac{1}{3}$ of potato chips in casserole rubbed with **Spry Pan-coat*. . . . Cover with layers of tuna fish, white sauce, and potato chips. Repeat, ending with potato chips. . . . Bake in moderate oven (350°F.) 45 minutes. . . . Serves 6.

BLEND ham, potatoes, onion, salt, and pepper and mix well. Form into 3-inch patties about $\frac{1}{2}$ inch thick. Dip in flour. . . . Fry in hot Spry in skillet about 5 minutes on each side, or until golden brown. . . . Makes 6 patties.

MELT Spry. . . . Add corn, salt, pepper, and green pepper. Cook, uncovered, over medium heat for 20 minutes, stirring occasionally. (Be sure to cook slowly so as not to brown the corn.) . . . Add pimiento. . . . Serves 4.

For Sunday dinner, treat the family to crispy Fried Chicken (page 26), fluffy mashed potatoes, and savory Mexican Corn. Top off with generous wedges of the delicious Devil's Food Cake on page 17.

**Recipe for Spry Pan-coat on page 17*

Nut-Brown Vegetable Pie

- 1 cup cooked lima beans, drained
- 2 cups cooked corn, drained
- 1 cup onions, finely chopped
- 2 cups cooked tomatoes
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 2 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 5 tablespoons Spry
- $\frac{1}{2}$ cup peanut butter
- $\frac{3}{4}$ cup milk

Nutritious, thrifty, oh-so-good! Piping hot vegetables topped with peanut-butter biscuit!

White Sauce

- 2 tablespoons Spry
- 2 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- Dash of pepper
- 1 cup milk or thin cream

Use for all kinds of creamed dishes.

Scalloped Tuna and Chips

- 2 tablespoons grated onion
- 1 tablespoon parsley, finely chopped
- 2 cups White Sauce
- 8-ounce package potato chips (3 cups), crushed
- 1 can tuna fish (7 ounces), flaked

Crushed potato chips make a delicious, crunchy topping for baked dishes.

Little Meat Patties

- 1 cup cooked ham, chopped
- $1\frac{1}{2}$ cups mashed potatoes
- $\frac{1}{4}$ cup onion, minced
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ cup Spry

A tasty dish made from leftovers. And SO digestible, fried the Spry way!

Mexican Corn

- 3 tablespoons Spry
- 2 cups fresh green corn, cut from cob, or canned whole corn kernels
- 1 teaspoon salt
- Dash of pepper
- 2 tablespoons green pepper, finely chopped
- 2 tablespoons pimiento, finely chopped

Notice how Spry lets you get the FULL rich corn flavor.

Savory Potato Casserole

A favorite meatless dish. Seasoned to a turn with onion, green pepper, and baked-in cheese sauce!

- 6 cooked potatoes, diced
- 2 onions, chopped
- ½ cup green pepper, chopped
- ¼ cup Spry
- 1 cup grated cheese
- 1 ½ teaspoons salt
- ¼ teaspoon cayenne
- 1 teaspoon Worcestershire sauce

Oven-Fried Potatoes

Let your oven fry potatoes to a crisp, golden brown.

- 6 medium-sized potatoes, pared and cut lengthwise in ½-inch slices
- ¼ cup Spry, melted

Corn and Noodle Casserole

You won't miss meat with this satisfying one-dish meal.

- ½ package fine noodles
- 6 tablespoons Spry
- ¼ pound mushrooms, sliced
- ¼ cup sifted flour
- 1 ½ teaspoons salt
- ¼ teaspoon pepper
- Dash of cayenne
- 1 ½ cups milk
- 1 ½ cups grated cheese
- 2 cups canned whole corn kernels, drained
- ¼ cup pimiento, chopped

Creamed Chipped Beef in Toasted Bread Cups

For a luncheon special, serve with a fluffy baked potato.

- 8 slices bread
- ¾ cup Spry, melted
- ¼ pound chipped beef, pulled into small pieces
- ¼ cup flour
- Dash of paprika
- 2 cups milk

PUT potatoes in Sprycoated casserole. . . Fry onions and green pepper in hot Spry until soft. . . Add cheese, salt, cayenne, and Worcestershire sauce to onion and pepper. Stir while cheese melts over very low heat. Pour sauce over potatoes. . . Bake in hot oven (400° F.) 15 minutes, or until brown. . . Serves 6.

For an economical, nutritious supper, serve with a green salad, Homemade Bread (page 48), apple jelly, and Gingerbread (page 14).

DRY potato slices thoroughly between towels. Dip slices in melted Spry and lay slices flat in a shallow pan. . . Bake in very hot oven (450° F.) 35 to 45 minutes, or until potatoes are tender and brown. Turn once during baking. . . Sprinkle with salt and serve immediately. . . Serves 6. . . If preferred, the raw potatoes can be cut as for French fried potatoes — 2½ x ¾ inches — and baked as directed above.

COOK noodles in boiling salted water until tender; drain. . . Melt 2 tablespoons Spry in skillet; sauté mushrooms until tender. . . Melt remaining 4 tablespoons Spry in saucepan; add flour, salt, pepper, and cayenne and blend. . . Add milk gradually, stirring constantly, and continue cooking until thickened. . . Add 1 cup cheese and blend. . . Combine noodles, mushrooms, sauce, corn, and pimiento and pour into a Sprycoated casserole. . . Sprinkle ½ cup grated cheese over top. . . Bake in hot oven (400° F.) 30 minutes, or until brown on top. . . Serves 6. . . Try with broiled tomatoes, biscuits, and honey.

TRIM crusts from bread. . . Dip bread slices in ½ cup melted Spry and fit each slice into inside of muffin cups, pressing bread well against sides and bottom of pan. . . Bake in very hot oven (450° F.) 12 minutes. . . Melt remaining ¼ cup Spry, add chipped beef, and fry until frizzled. Stir in flour and paprika and cook until browned. . . Add milk gradually and cook until mixture boils, stirring constantly. . . Serve in toasted bread cups. . . Serves 8.

These golden, crispy toast cups are also attractive and ever-so-good cases in which to serve chicken à la king or creamed fish or vegetables.

Ladies, you sure ought to try this easy, pleasant way of gettin' crispy, *digestible* fried foods.

HERE'S good news, folks: foods fried the Spry way are actually as digestible as if baked or boiled. You see, pure, bland Spry doesn't break down in fryin' the way ordinary shortenin's may. It seals the rich, temptin' flavor inside a crispy, tender, golden crust. So fry the Spry way an' let your folks enjoy the tender, *digestible* fried foods they love.



So digestible even children can eat them.



Save time, save money
— make croquettes
the easy Spry way

Chill croquette mixture in pan till stiff. Cut out with biscuit cutter. It's easier... quicker than shaping with your fingers. Croquettes are a grand way to use up leftovers—and they taste so good!



MELT Spry in top of double boiler. . . . Add flour and salt and blend. Add milk and cook until smooth and thick, stirring constantly. Remove from fire. . . . Remove bones and skin from salmon and separate into flakes. Add salmon, lemon juice, onion juice, and pepper to sauce and blend. Spread mixture in shallow pan and chill until stiff. . . . Cut into cutlets with biscuit cutter. . . . Roll in crumbs, then in egg, then in crumbs. . . . Fry in hot Spry (375°F.) 1½ inches deep until brown. Drain on absorbent paper. . . . Serves 6.

Variations. 1. Substitute tuna fish for salmon. 2. Substitute chicken or veal for salmon, omit lemon juice, and add 2 tablespoons chopped pimiento. 3. Substitute 1 cup cooked drained macaroni for salmon and add 1 cup grated cheese, 2 tablespoons pimiento, 1 tablespoon chopped parsley, and 1 teaspoon minced onion. 4. Substitute 2 cups cooked ham for salmon and add ½ teaspoon mustard.

Salmon Croquettes

- 4 tablespoons Spry
- 5 tablespoons flour
- ½ teaspoon salt
- 1 cup milk
- 1 pound can salmon
- 1 teaspoon lemon juice
- ½ teaspoon onion juice
- Dash of pepper
- ½ cup sifted bread crumbs
- 1 egg, slightly beaten with 1 tablespoon water

With this basic smooth, thick white sauce you can make all kinds of croquettes—fish, meat, vegetable.

Egg Sauce is delicious with salmon croquettes. To make it, add 2 chopped hard-cooked eggs to White Sauce, page 31.



Test the temperature of the hot fat before you fry

Drop a 1-inch square of sliced bread into the hot Spry and if it turns golden brown in 1 minute, the temperature is right for most frying. Of course a thermometer is the most accurate way to test temperature.

If you wish, use thick sour milk, decrease baking powder to 2 teaspoons and add $\frac{1}{2}$ teaspoon soda.

"My folks clamor for DOUBLE batches of Spry doughnuts," says Mrs. M. Hardman of Salt Lake City, Utah. "I've never had such wonderful results as I'm getting now with Spry and your grand Spry recipes. And even my little girl can eat Spry doughnuts, they're SO digestible."

Raised Doughnuts

Light, tender, with crisp, digestible crust. Use this recipe for tempting cinnamon rolls, too. See page 48.

2 cakes compressed yeast
 $\frac{1}{4}$ cup lukewarm water
 1 teaspoon sugar
 $\frac{1}{2}$ cup Spry
 2 teaspoons salt
 $\frac{1}{2}$ cup sugar
 1 cup scalded milk
 2 eggs, beaten
 5 cups sifted all-purpose flour

Frying made easy -

No unpleasant smoke or smell when you fry with Spry

Try the easy new *shallow* way to French fry — in hot Spry about $1\frac{1}{2}$ inches deep. See how different it is from old-fashioned *deep* frying with old-style shortenings! Spry is *purser* — doesn't smoke or smell during frying . . . so *bland* the fried foods have delicate flavor . . . so *stable* it stays sweet and smokeless through repeated fryings!

Doughnuts

$3\frac{1}{2}$ cups sifted all-purpose flour
 1 teaspoon mace
 $\frac{1}{4}$ teaspoons salt
 4 teaspoons baking powder
 2 tablespoons Spry

$\frac{3}{4}$ cup sugar
 4 egg yolks, or
 2 whole eggs, well beaten
 $\frac{1}{4}$ teaspoon vanilla
 $\frac{1}{4}$ teaspoon lemon extract
 1 cup milk

SIFT flour with mace, salt, and baking powder 3 times. . . . Cream Spry and sugar until well blended. . . . Add egg yolks, vanilla, and lemon extract and mix well. . . . Add milk and mix thoroughly. . . . Add sifted dry ingredients and mix until smooth. With as little handling as possible, roll dough on floured board to $\frac{3}{8}$ -inch thickness. Let stand 20 minutes. . . . Cut with 3-inch doughnut cutter. Fry in hot Spry (375°F.) about $1\frac{1}{2}$ inches deep until brown, turning when first crack appears. Drain on absorbent paper. Makes 2 dozen.

CRUMBLE yeast into small bowl. Add lukewarm water and 1 teaspoon sugar and set in warm place until it becomes light and spongy (about 15 minutes). . . . Combine Spry, salt, and $\frac{1}{2}$ cup sugar in large bowl and add scalded milk. Stir until Spry is melted, then cool until lukewarm. . . . Add yeast mixture and blend. . . . Add eggs and mix well. . . . Add flour and knead to a smooth dough. Cover and let rise until double in bulk (about 2 hours). Roll dough $\frac{1}{2}$ inch thick and cut with $2\frac{1}{2}$ -inch doughnut cutter. . . . Place on Sprycoated pan 1 inch apart. . . . Cover and let rise in warm place until very light. . . . Fry in hot Spry (360°F.) about $1\frac{1}{2}$ inches deep until brown. . . . Drain on absorbent paper. . . . Makes 30.

All measurements in this book are level

pleasant - *digestible*



*Easy now to get
your French fries
to the table crisp
and piping hot*

Blanch-and-Brown Method

1. *Heat Spry to 350°F.*

2. *Pare Potatoes . . . Cut . . . Dry Thoroughly*

Wash and pare potatoes; cut into lengthwise strips, $\frac{3}{8}$ inch thick. Put in cold water, then remove and dry between towels. Divide into 4 equal lots.

3. *Blanch Raw Potatoes in Hot Fat (350°F.)*

Be sure temperature is 350°F. — a piece of raw potato comes to top of fat in 9 or 10 seconds; a 1-inch square of sliced bread turns light brown in 1 minute. Lower 1 lot of potatoes in basket into hot Spry. Fry until potatoes are tender but not brown (3 to 6 minutes). * Drain on absorbent paper. Blanch other 3 lots in same way. All the potatoes can be blanched ahead so that only the short browning step need be done at mealtime.

4. *Brown Blanched Potatoes in Hot Fat (390°F.)*

Reheat Spry to 390°F. — a piece of potato comes to top of fat in 4 or 5 seconds; bread turns golden brown in 30 seconds. Lower $\frac{1}{2}$ of blanched potatoes in basket into fat. Fry until crisp and brown (2 to 3 minutes). * Brown other half. Drain, sprinkle with salt, and serve immediately. Serves 6.

*Old potatoes cook and brown more quickly than new potatoes.



French Fried Potatoes

2 pounds Spry (1 $\frac{1}{2}$ inches
deep when melted)
6 medium potatoes

Crisp, golden,
tender. And so
digestible, too!

The frying basket should be about 2 inches narrower than the saucepan. The space between basket and pan helps prevent the hot fat foaming up and over.

How many more folks are enjoyin'
fried foods since Spry
came to town

"My husband can enjoy fried foods and pies since I switched to Spry," writes Mrs. J. A. Lowney, of 13619 Stahelin Street, Detroit, Michigan. "He used to think he had to avoid them. And my 79-year-old father says, 'Food tastes so much better fried the Spry way.'"

**JUST
LISTEN
TO THIS!**



Macaroni Cheese Cutlets

Coat each cutlet carefully with egg and crumbs so crust won't crack and filling ooze out.

- 4 tablespoons Spry
- 5 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- 1 cup milk
- 1 cup grated cheese
- 1 cup cooked macaroni
- 1 pimiento, cut in pieces
- 1 tablespoon parsley, chopped
- 1 teaspoon onion, minced
- $\frac{1}{2}$ cup sifted bread crumbs
- 1 egg, slightly beaten with 1 tablespoon water

Chicken King Cutlets

Chicken à la king is tempting new form! If you wish, dip cutlets in undiluted evaporated milk instead of egg.

- 4 tablespoons Spry
- 5 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 cup canned chicken soup or milk
- 2 cups cooked chicken, cut in small pieces
- 2 tablespoons pimiento, chopped
- $\frac{1}{2}$ cup sifted bread crumbs
- 1 egg, slightly beaten with 1 tablespoon water

MELT Spry in top of double boiler. Add flour, salt, and paprika and blend. Add milk and cook until smooth and thick, stirring constantly. Remove from fire. . . . Add cheese and blend. Add macaroni, pimiento, parsley, and onion and mix. . . . Spread mixture in shallow pan and chill until stiff. Cut into cutlets with biscuit cutter. Dip in crumbs, then in egg, then again in crumbs. . . . Fry in hot Spry (375°F.) about 1 $\frac{1}{2}$ inches deep until brown. Drain on absorbent paper. . . . Serves 6.

These croquettes have a delightful flavor — and such soft, creamy consistency they need no sauce.

MELT Spry in saucepan. Add flour, salt, and pepper, and blend. . . . Add chicken soup and cook until smooth and thick, stirring constantly. Add chicken and pimiento and blend. . . . Spread in shallow pan and chill until stiff. . . . Cut into cutlets with biscuit cutter. Roll in crumbs, then in beaten egg, then in crumbs. . . . Fry in hot Spry (375°F.) about 1 $\frac{1}{2}$ inches deep until brown. Drain on absorbent paper. . . . Serves 6. . . . Serve with Mushroom Sauce.

Mushroom Sauce. Brown 1 tablespoon butter with 1 tablespoon Spry in saucepan. . . . Add $\frac{1}{2}$ cup canned mushrooms, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika, and 2 tablespoons flour and brown lightly. . . . Add 1 cup chicken soup or mushroom stock, stirring constantly. Cook until smooth and thickened.



Save your Spry for another frying

JUST let the hot Spry cool a little. Then put several layers of cheesecloth in a strainer and strain Spry back into an empty can. Cover and keep on shelf. Spry is so pure you can fry with it over and over. Remember, it isn't a shortening's price per pound that counts . . . it's the price per *frying* . . . and Spry costs *less* that way.

REMOVE skin and bone from fish and cut into pieces for serving. . . . Mix corn meal and seasonings. . . . Dip pieces of fish in beaten egg, then in seasoned corn meal, and sauté in hot Spry in frying pan until golden brown on one side. . . . Turn carefully and brown on other side. Serve hot with wedges of lemon. . . . Serves 6. . . . Sifted bread crumbs may be substituted for the seasoned corn meal, or fish may be dipped in milk and then in seasoned flour.

COMBINE milk and salt. . . . Cut fish into pieces for serving. Dip fish in milk, then in crumbs. . . . Fry in hot Spry in skillet over low heat until golden brown on both sides. . . . Serves 6. . . . Delicious with a cucumber sauce made by folding chopped, drained cucumber into whipped cream seasoned delicately with salt, vinegar, and lemon juice.

PUT potatoes in deep saucepan; cover with cold water; add fish and boil until potatoes are tender. Remove from fire and drain well. . . . Add butter and pepper. Beat well with fork. Add egg. Cool. . . . Drop by tablespoonfuls into hot Spry (375°F.) about 1½ inches deep and fry until golden brown. . . . Drain on absorbent paper and serve immediately. . . . Serves 6.

HEAT water and milk to boiling in top of double boiler over direct heat. . . . Mix corn meal, flour, salt, and sugar. Add gradually to water and milk, stirring constantly. Cook until thickened, then place over hot water, cover, and cook 40 minutes longer. . . . Pour into loaf pan, about 5 x 9 x 3 inches, and chill until firm. . . . Remove from pan, cut into ¼-inch slices, and fry in skillet in plenty of hot Spry until golden brown on both sides. . . . Serve hot with butter and sirup. . . . Serves 6.



Golden Fish Sauté

- 2 pounds fresh fish (halibut, haddock, cod, mackerel, etc.)
- ½ cup corn meal
- 1½ teaspoons salt
- ½ teaspoon pepper
- ¼ teaspoon paprika
- 1 egg, slightly beaten with 1 tablespoon water
- ¼ cup Spry

Fried the Spry way, it's crispy, delicious, digestible.

Pan-Fried Fish Fillets

- 1 cup evaporated milk
- 1½ teaspoons salt
- 2 pounds fish (haddock, flounder, catfish, whitefish)
- 1 cup sifted bread crumbs
- ½ cup Spry

For moist, tender, delicate fish, be careful not to overcook.

Codfish Balls

- 2 cups raw potatoes, cut in small pieces
- 1 cup salt codfish, shredded
- ½ tablespoon butter
- ¼ teaspoon pepper
- 1 egg, beaten

The secret of feathery-light fish balls: heat mixture vigorously.

Fried Corn Meal Mush

- 3 cups water
- 1 cup milk
- 1 cup corn meal
- 1 tablespoon flour
- 2 teaspoons salt
- 1 tablespoon sugar
- ½ cup Spry

Corn meal is plentiful, wholesome, inexpensive. Use it often.

• FRIED FOODS •

Hashed Brown Potatoes

Serve
nutritious,
inexpensive
potatoes
daily.

4 cups cold boiled potatoes,
chopped
1 tablespoon onion, minced
1 teaspoon salt
½ teaspoon pepper
¼ cup milk
¼ cup Spry

Cottage Fried Potatoes

It's all in the
way they're
fried — try the
Spry way.

4 raw potatoes
¼ cup Spry
½ teaspoon salt
Dash of pepper

Savory Panned Potatoes

Packed with
delicious
flavor.
A grand way
to transform
leftovers!

3 cups cooked potatoes,
diced
2 tablespoons pimiento,
minced
2 tablespoons green pepper,
minced
2 tablespoons onion, minced
½ teaspoon salt
Dash of pepper
¼ cup Spry

Penny Puffets

A tasty
finish for
those leftover
mashed
potatoes.

2 cups mashed potatoes
1 egg
½ cup grated cheese
¼ teaspoon salt
Dash of pepper

French Toast

For extra food
value, make
French Toast
with enriched
bread.

2 eggs, slightly beaten
½ teaspoon salt
½ cup milk
6 slices bread (¾ inch
thick), cut in half
diagonally
¼ cup Spry

Grilled Cheese Sandwich

American cheese, sliced
Sliced bread

COMBINE chopped potatoes, onion, salt, pepper, and milk, and mix. . . Melt Spry in large heavy skillet. Add potatoes. Fry slowly, without stirring, until golden brown on under side. . . Place under broiler and brown upper side slightly. . . Fold like an omelet and serve on hot platter. Garnish with parsley. . . Serves 6. . . Potatoes can be turned with a broad spatula to brown other side (instead of under a broiler), if preferred.

WASH and pare potatoes. Slice ¼ inch thick. . . Melt Spry over medium heat until hot. Add potatoes, salt, and pepper. Cover and fry 5 minutes, then uncover, and continue frying about 15 minutes, or until tender, crisp, and golden brown, stirring occasionally. . . Serves 4.

COMBINE potatoes, pimiento, green pepper, onion, salt, and pepper. . . Fry in hot Spry in skillet 6 minutes, or until lightly browned. . . Serves 4.

Fried Potato Slices. Cut 4 boiled potatoes in ¼-inch slices and dip in mixture of ½ cup French dressing, ¼ teaspoon salt, ¼ teaspoon onion juice, and dash of pepper. . . Fry in ¼ cup Spry, heated in skillet, until potatoes are golden brown on both sides. . . Serves 4.

COMBINE potatoes, egg, cheese, salt, and pepper, and beat until light. . . Drop from tablespoon into hot Spry (375°F.) about 1½ inches deep and fry until golden brown. . . Drain on absorbent paper. . . Makes 12.

COMBINE eggs, salt, and milk. . . Dip slices of bread in mixture and sauté in hot Spry until golden brown on both sides. Serve hot with maple sirup or cinnamon and sugar. . . Serves 4 to 6.

Whole Wheat French Toast. Use whole wheat bread and add ½ teaspoon nutmeg to egg mixture.

PLACE cheese between pairs of bread slices. . . Fry in hot Spry in skillet until golden brown on both sides. . . Serve with tomato salad or pickles.

SIFT flour, baking powder, sugar, and salt together. Combine egg and milk; add to dry ingredients, beating until smooth. . . . Add Spry and mix well. . . . Dip apples in batter and fry in hot Spry (375°F.) about 1½ inches deep 4 minutes, or until brown. Drain on absorbent paper. . . . Serves 6.

Banana Fritters. Cut 2 bananas lengthwise and into 1-inch pieces, dip in batter, and fry.

Pineapple Fritters. Cut 5 slices canned pineapple in quarters, dip in batter, and fry.

REMOVE bones and skin from salmon and separate into flakes. . . . Add lima beans, green pepper, catchup, flour, salt, and onion and blend. . . . Add eggs and mix well. . . . Drop by tablespoons into hot Spry (375°F.) about 1½ inches deep and fry about 3 minutes, or until brown. . . . Serve with lemon wedges. . . . Serves 6 to 8.

COMBINE sweet potatoes, salt, cloves, and mustard. Add eggs and mix thoroughly. . . . Add ham and mix thoroughly. Shape into balls. . . . Roll each ball in cornflakes. . . . Fry in hot Spry (375°F.) about 1½ inches deep 2 to 3 minutes, or until brown. Drain on absorbent paper. . . . Serves 6.

These appetizing fritters are an excellent way to finish up a baked or boiled ham.

FRY onions in hot Spry until golden brown. Remove from Spry and sprinkle with salt. . . . Sprinkle liver with salt and pepper, then dip in flour. Fry in hot Spry over medium heat, 5 to 7 minutes, turning several times during cooking. . . . Serve on onions. . . . Serves 4.

DIP oysters in flour which has been mixed with salt and paprika. Dip in egg which has been slightly beaten with 1 tablespoon water, then roll in crumbs. . . . Fry oysters in hot Spry (385°F.) about 1½ inches deep until golden brown (1 to 2 minutes). . . . Serve with cabbage relish or cole slaw. . . . Serves 6.

Apple Fritters

- 1 cup sifted flour
- 1½ teaspoons baking powder
- ¼ cup sugar
- 1¼ teaspoons salt
- 1 egg, beaten
- ⅓ cup milk
- 1 tablespoon Spry, melted
- 2 large apples, pared and sliced in eighths

For an easy dessert, serve golden fruit fritters with Cinnamon Sauce, page 14.

Salmon and Lima Fritters

- 1 pound can salmon
- 1 cup cooked lima beans
- 2 tablespoons green pepper, chopped
- ¼ cup catchup
- ½ cup flour
- 1 teaspoon salt
- 1 teaspoon grated onion
- 2 eggs, beaten

For a satisfying luncheon, serve with lettuce-cucumber salad and Corn Muffins, page 47.

Ham and Sweet Potato Balls

- 2 cups mashed sweet potatoes
- ½ teaspoon salt
- ⅓ teaspoon cloves
- ½ teaspoon prepared mustard
- 2 eggs, well beaten
- 2 cups cooked ham, cut in ¼-inch cubes
- 1 cup cornflakes, crushed

Cornflakes give an especially delicious crust — tender, sweet, delicate.

Fried Liver and Onions

- 3 large onions, sliced
- ½ cup Spry
- 1½ pounds liver
- Salt
- Pepper
- ½ cup flour

For tender, juicy, nutritious liver, cook slowly, briefly.

Fried Oysters

- 1 pint fresh oysters
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon paprika
- 1 egg
- 1 cup sifted crumbs

Try scallops and shrimp fried this Spry way, too.



How to Make Crispy, Tender Cookies Without Rolling or Cutting

IT'S no bother to make wonderfully delicious cookies now! Creamy-soft Spry takes the work out of mixing . . . the easy Spry method does away with tedious rolling and cutting. How much better your cookies taste, too, made with softer dough, less handling! And remember, Spry costs far less than expensive cookie shortening. So fill up the cookie jar with crisp, tender gingersnaps, sugar cookies, chocolate cookies. They make a tempting, quick dessert with fresh berries or fruit sauce. Grand for the children, with a glass of milk. A real energy food for the lunchbox.

PLACE slightly rounded tablespoonfuls of cookie dough about 2 inches apart, on Sprycoated baking sheet. Let stand several minutes before stamping out flat.

STAMP dough into thin rounds with flat-bottomed glass covered with a cloth. Dip the glass lightly in water occasionally and pat on towel to prevent sticking.

Aunt Jenny's Cookies

A master recipe for making tender, delicate cookies of almost any flavor.

- 1 cup Spry
- 1 teaspoon salt
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup sugar
- 2 eggs, unbeaten
- $2\frac{1}{2}$ cups sifted flour

BLEND Spry, salt, and vanilla. . . . Add sugar, then eggs, singly, beating well after each addition. . . . Add flour and mix well. . . . Drop from tablespoon on Sprycoated baking sheets. Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderate oven (375°F.) 8 minutes, or until delicately browned. . . . Makes $4\frac{1}{2}$ dozen.

Variations. 1. Omit vanilla, add 2 teaspoons orange rind, 1 teaspoon lemon rind, 1 cup coconut, cut. 2. Omit vanilla, add 1 tablespoon lemon juice, $2\frac{1}{2}$ teaspoons lemon rind. 3. Add $\frac{3}{4}$ cup chopped nuts.

Chocolate Pecan Wafers

In place of chocolate, you can use 9 tablespoons cocoa and $1\frac{1}{2}$ tablespoons extra Spry.

- $\frac{1}{2}$ cup Spry
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 2 eggs, unbeaten
- 3 ounces chocolate, melted
- $\frac{3}{4}$ cup sifted flour
- $\frac{3}{4}$ cup pecans, chopped

COMBINE Spry, salt, and vanilla. Add sugar gradually and cream well. . . . Add eggs, singly, beating well after each addition. Add chocolate and blend. . . . Add flour and nuts and mix well. . . . Drop from tablespoon on Sprycoated baking sheets. Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in slow oven (325°F.) 12 minutes. Makes $2\frac{1}{2}$ dozen.

BLEND Spry, salt, and vanilla. Add honey and sugar gradually and cream well. . . . Add egg and beat well. Sift flour with baking powder and add to creamed mixture, blending well. . . . Add oats, coconut, and nuts and mix well. . . . Pour batter into 8 x 8-inch Sprycoated pan. . . . Bake in moderate oven (350°F.) 45 to 50 minutes. Cool and cut in bars. . . . Makes 18.

Be careful not to overbake these cookies or they will not have the soft, chewy texture that is one of their most delightful qualities.

BLEND Spry, salt, lemon rind, and nutmeg. Add sugar gradually and cream well. . . . Add eggs, singly, beating well after each addition. Add milk and mix well. . . . Sift flour with baking powder and soda. Add to creamed mixture, blending well. . . . Drop from tablespoon on baking sheets rubbed with **Spry Pan-coat*. Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. Sprinkle with sugar. . . . Bake in moderate oven (375°F.) 10 minutes. . . . Makes 3½ dozen.

COMBINE Spry, salt, and ginger. Add sugar gradually and cream well. . . . Add egg and beat thoroughly. Add molasses and mix well. . . . Sift flour with soda. Add to first mixture and mix well. . . . Drop from tablespoon on baking sheets rubbed with **Spry Pan-coat*. Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . . Makes 3 dozen.

COMBINE Spry, salt, and vanilla. Add sugars gradually and cream well. . . . Add egg and beat well. . . . Sift soda with flour. Add flour to creamed mixture and mix well. . . . Add chocolate and nuts and blend. . . . Drop from tablespoon on Sprycoated baking sheets. . . . Bake in moderate oven (375°F.) 10 minutes. . . . Makes 3 dozen. . . . Be sure to remove cookies from oven while still soft. They should be a very light color when baked.

Bran Chocolate Crunch Cookies. Replace half of the chopped nuts with bran.

Honey or Corn Sirup Variation. Substitute ¼ cup honey or dark corn sirup for ½ cup brown sugar.

*Recipe for Spry Pan-coat on page 17

Ship Ahoy Cookies

- ½ cup Spry
- 1 teaspoon salt
- 1 teaspoon vanilla
- ½ cup honey
- ½ cup sugar
- 1 egg, unbeaten
- ½ cup sifted flour
- ½ teaspoon baking powder
- 1 cup rolled oats
- 1 cup coconut
- ½ cup nuts, chopped

A favorite with the boys at camp. They travel well—keep well.

Sugar Cookies

- ½ cup Spry
- ½ teaspoon salt
- ½ teaspoon grated lemon rind
- ½ teaspoon nutmeg
- 1 cup sugar
- 2 eggs, unbeaten
- 2 tablespoons milk
- 2 cups sifted flour
- 1 teaspoon baking powder
- ½ teaspoon soda

See how pure, bland Spry brings out the tempting blend of lemon rind and nutmeg in these crispy sugar cookies.

Gingersnaps

- ½ cup Spry
- ½ teaspoon salt
- 2 teaspoons ginger
- ½ cup sugar
- 1 egg, unbeaten
- ½ cup molasses
- 2 cups sifted flour
- 1 teaspoon soda

Wonderfully crisp and tender—and with such good old-fashioned flavor!

Chocolate Crunch Cookies

- ½ cup Spry
- ½ teaspoon salt
- ½ teaspoon vanilla
- ¼ cup granulated sugar
- ½ cup brown sugar, firmly packed
- 1 egg, unbeaten
- ¼ teaspoon soda
- 1 cup sifted flour
- 1 seven-ounce or 8-ounce bar semisweet or bitter-sweet chocolate, cut in large pieces
- ½ cup nuts, cut

Success secret: take cookies from oven while still soft and very light-colored. Don't overbake.

Peanut Cookies

- ¾ cup Spry
- ¾ teaspoon salt
- 1 teaspoon vanilla
- ½ cup peanut butter
- ½ cup granulated sugar
- ½ cup brown sugar, firmly packed
- 2 eggs, unbeaten
- 1 cup skinless peanuts, chopped and toasted
- ½ cup evaporated milk
- 2 cups sifted flour
- 2 teaspoons baking powder

If you wish, use all white sugar instead of half white, half brown.

Festive Christmas Cookies

- ¾ cup Spry
- ¼ cup butter
- 1 teaspoon salt
- ½ cup powdered sugar
- 2 tablespoons vanilla
- 2 cups sifted flour
- 1 cup pecans, chopped

Don't wait for Christmas to make these prize-winners! Grand with black walnuts, too.

Chocolate Orange Crunchies

- 1 cup Spry
- 1½ teaspoons salt
- 1 tablespoon orange rind
- 2 tablespoons orange juice
- ¾ cup brown sugar, firmly packed
- 1 egg, unbeaten
- 2 cups sifted flour
- ¼ teaspoon soda
- ½ cup nuts, chopped
- 1 seven- or eight-ounce bar semisweet or bittersweet chocolate, cut in pieces

Don't cut the chocolate fine — large pieces make the cookies more attractive in appearance, more delicious.

Molasses Drop Cookies

- ½ cup Spry
- 1 teaspoon salt
- ¼ teaspoon cloves
- 1 teaspoon cinnamon
- ¾ teaspoon ginger
- ½ cup sugar
- ½ cup molasses
- ½ cup sour milk
- 1 teaspoon soda
- 1 egg, unbeaten
- 2½ cups sifted flour
- 1 cup walnuts, chopped

Everyone — children and grownups alike — loves these soft, spicy 'lasses cookies!

BLEND Spry, salt, vanilla, and peanut butter. Add sugars gradually and cream well. . . Add eggs, singly, beating well after each addition. . . Add peanuts and milk and blend. . . Sift flour with baking powder and add to mixture, blending well. . . Drop from tablespoon on baking sheets rubbed with *Spry Pan-coat. Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . Makes 7 dozen.

These tender, wholesome cookies keep well in a tightly covered container. Make them — and other good Spry cookies — often and keep the family cookie jar filled.

BLEND Spry, butter, salt, sugar, and vanilla. . . Add flour and pecans. . . Drop by tablespoons on Sprycoated cookie sheets. . . Bake in slow oven (325°F.) 25 minutes. . . Cool. Roll in confectioners' sugar. . . Makes 40 cookies. . . If preferred, the dough may be shaped into small balls or finger-shaped rolls instead of being dropped from a spoon.

BLEND Spry, salt, rind, and juice. . . Add sugar gradually and cream well. . . Add egg and beat. . . Sift flour with soda. Add to creamed mixture and mix. . . Add nuts and chocolate and blend. . . Drop from tablespoon on baking sheets rubbed with *Spry Pan-coat. Let stand a few minutes, then flatten cookies by stamping with a glass covered with a damp cloth. . . Bake in moderate oven (375°F.) 12 to 15 minutes. . . Makes 4 dozen.

If you prefer a soft drop cookie, decrease Spry to ½ cup, salt to ¾ teaspoon; increase brown sugar to 1 cup; use 2 eggs, add 1 teaspoon baking powder. Do not flatten before baking.

BLEND Spry, salt, cloves, cinnamon, and ginger. . . Add sugar and cream well. . . Add molasses. . . Combine milk and soda and add to mixture. . . Add egg and beat well. . . Add flour and walnuts and mix thoroughly. . . Drop from tablespoon on Sprycoated cookie sheet. . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . Makes 40 cookies.

Vary these cookies by using chopped dates or coconut or raisins instead of walnuts. They are good "travelers" and would be welcomed by that boy in camp. Pack them in one corner of the lunchbox, too.

*Recipe for Spry Pan-coat on page 17

BLEND Spry, salt, cinnamon, and nutmeg. Add sugar gradually and cream well. . . . Add eggs, singly, beating well after each addition. . . . Pour boiling water over dates and let cool. Add to creamed mixture and blend. . . . Sift soda with flour. Add to creamed mixture and mix well. . . . Add nuts and blend. . . . Spread mixture in 10 x 10 x 2-inch Spry-coated pan. . . . Bake in moderate oven (350°F.) 45 minutes. Cool. Cut in bars and roll in powdered sugar. . . . Makes 2 dozen.

MELT Spry and chocolate together over hot water. Cool. . . . Sift flour with baking powder and salt. . . . Beat eggs until light, add sugar, then chocolate mixture, and blend. Add flour, vanilla, and nuts, and mix well. . . . Bake in 8 x 8-inch Sprycoated pan in moderate oven (350°F.) 30 to 35 minutes. . . . Cool and cut in squares. . . . Makes 16.

Chocolate Molasses Brownies. Reduce sugar to $\frac{1}{2}$ cup and add $\frac{1}{4}$ cup molasses; substitute $\frac{1}{4}$ teaspoon soda for the baking powder.

BLEND Spry, salt, and cinnamon. . . . Add sugar and molasses and blend well. . . . Add egg and beat well. . . . Sift soda with flour and add to creamed mixture. . . . Add milk, oats, peanuts, and raisins. . . . Drop from tablespoon on Sprycoated baking sheets. . . . Bake in moderate oven (350°F.) 12 to 15 minutes. . . . Makes 5 dozen cookies.

Remember this cookie when packing lunches — it fairly bristles with vitamins and minerals. With a glass of milk, it makes a wholesome after-school snack for the children, too.

BLEND Spry, vanilla, and salt. . . . Add brown sugar gradually and cream well. . . . Add egg and beat well. . . . Add nuts. . . . Sift flour with soda and add to creamed mixture, blending well. Form into 2 rolls about 1 inch in diameter. Chill in refrigerator overnight, or until firm enough to slice. . . . Cut in $\frac{1}{8}$ -inch slices. . . . Bake on Sprycoated baking sheet in moderate oven (375°F.) 8 to 10 minutes. . . . Makes $6\frac{1}{2}$ dozen.

Chocolate Refrigerator Cookies. Use white sugar instead of brown, add 2 ounces chocolate (melted) after addition of egg; add $\frac{1}{4}$ cup milk alternately with flour mixture.

Date and Nut Bars

$\frac{1}{4}$ cup Spry
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
1 cup sugar
2 eggs, unbeaten
 $\frac{1}{2}$ cup boiling water
2 cups dates, chopped
 $\frac{1}{4}$ teaspoon soda
1 cup sifted flour
 $\frac{1}{2}$ cup nuts, chopped

Packed with energy and deliciousness! Grand for the lunchbox, for the boys at camp, too.

Brownies

$\frac{1}{2}$ cup Spry
2 ounces chocolate
 $\frac{3}{4}$ cup sifted flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{3}{4}$ teaspoon salt
2 eggs
1 cup sugar
1 teaspoon vanilla
1 cup nuts, coarsely cut

For your bridge party, try them topped with vanilla ice cream and chocolate sauce.

Spicy Oat Cookies

$\frac{1}{2}$ cup Spry
1 teaspoon salt
2 teaspoons cinnamon
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup molasses
1 egg, unbeaten
 $\frac{1}{2}$ teaspoon soda
1 $\frac{1}{2}$ cups sifted flour
 $\frac{1}{4}$ cup milk
1 $\frac{1}{2}$ cups rolled oats
 $\frac{1}{2}$ cup peanuts, chopped
1 cup raisins

Instead of molasses, try $\frac{1}{4}$ cup honey or dark corn sirup.

Refrigerator Cookies

$\frac{1}{2}$ cup Spry
 $\frac{3}{4}$ teaspoon vanilla
 $\frac{3}{4}$ teaspoon salt
1 cup brown sugar, firmly packed
1 egg, unbeaten
 $\frac{1}{2}$ cup walnuts, chopped fine
1 $\frac{1}{4}$ cups sifted flour
 $\frac{1}{2}$ teaspoon soda

It's easy to serve fresh-baked cookies often, with this handy dough "on tap" in the refrigerator.

Canteen Cookie Bars

- ½ cup Spry
- ½ teaspoon salt
- 1 ½ cups brown sugar, firmly packed
- 1 cup sifted flour
- 1 teaspoon vanilla
- 2 eggs, beaten
- 2 tablespoons flour
- ½ teaspoon baking powder
- 1 ½ cups shredded coconut
- 1 cup nuts, coarsely cut

Service men
"go for" this
rich cookie bar.
Packs
well, too.

How our boys enjoy
cookies from home!

Cookies fragrant with
spices, cookies rich with
chocolate, nuts, or fruits!
Send a box of cookies to
a service man, today!

COMBINE Spry and salt. Add ½ cup brown sugar and cream well. Add 1 cup flour and blend. Spread in Sprycoated 8 x 12-inch pan. . . Bake in slow oven (325°F.) 20 minutes. . . Add remaining 1 cup brown sugar and vanilla to eggs, beating until thick and foamy. Then add 2 tablespoons flour, baking powder, coconut, and nuts, and blend. . . Spread over baked mixture. Return to oven and bake 25 minutes. . . Cool and cut in small bars. . . Makes 3 dozen.

HOW TO PACK COOKIES FOR MAILING

PACK cookies in a sturdy cardboard box or a big empty Spry can. Line box with waxed paper and put a piece of cardboard between layers. Fill empty spaces with crumpled waxed paper. Bar cookies can be mailed in the pans they're baked in. Wrap box in heavy paper, tie securely, and address plainly.



Anyone can make light, tender biscuits with this easy Spry recipe . . .

just read what Mrs. M. Ridenour says —

Light, flaky golden Spry biscuits served piping hot — how everybody loves them! And you can mix them in no time with creamy-soft Spry. Treat your family often to quick rolls, shortcakes, meat pies, and fruit cobblers made with delicate Spry biscuit crust.

SIFT flour with baking powder and salt. . . . Cut in Spry until mixture is as fine as meal. . . . Add milk, mixing to a soft dough. Knead lightly 20 seconds. . . . Roll to $\frac{1}{2}$ -inch thickness. Cut with biscuit cutter and place on baking sheet. . . . Bake in very hot oven (450°F.) 12 minutes. . . . Makes 1 dozen biscuits.

Bran Biscuits. Substitute 1 cup bran for 1 cup white flour.

Whole Wheat Biscuits. Substitute 1 cup whole wheat flour for 1 cup white flour and increase milk to $\frac{3}{4}$ cup.

BLEND Spry, butter, and brown sugar. Spread muffin pans thickly with mixture. Put three pecans in bottom of each cup. . . . Roll dough into a rectangle $\frac{1}{4}$ inch thick. Brush with melted butter and sprinkle with $\frac{1}{4}$ cup additional brown sugar. Roll like jelly roll and cut in 1-inch slices. . . . Place, cut side down, in muffin pans. . . . Bake in hot oven (425°F.) 20 to 25 minutes. . . . Makes 1 dozen rolls.

BLEND Spry, butter, honey, and coconut. Spread $\frac{1}{2}$ of mixture in Sprycoated 8 x 8 x 2-inch pan. Roll dough into rectangle $\frac{1}{4}$ inch thick. Spread with remaining half of coconut mixture. Roll like jelly roll and cut in 1-inch slices. . . . Arrange in pan, cut side down. . . . Bake in hot oven (425°F.) 30 to 35 minutes. . . . Turn out immediately. . . . Makes 1 dozen.

ROLL dough about $\frac{1}{2}$ inch thick and cut in eight 3-inch squares. Place on baking sheet. . . . Press slice of cheese in center of each biscuit square. Put tomato slice on each. Top with bacon pieces. . . . Press sides of biscuit squares against cheese. . . . Bake in very hot oven (450°F.) 15 minutes. . . . Serve hot. . . . Serves 8.

"My husband's in 7th heaven now — at last I can make flaky, tender biscuits. Though married 10 years, it wasn't till I began using Spry that I could make good ones. 'Don't ever run out of Spry,' he warns me. And I certainly won't! It's my right-hand helper."

Mrs. M. Ridenour
Indianapolis, Indiana

Quick, deft kneading helps you get light, fine-textured biscuits.

Baking Powder Biscuits

2 cups sifted flour
3 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
5 tablespoons Spry
 $\frac{3}{4}$ cup milk (about)

If a more tender biscuit is desired, use 6 tablespoons Spry.

For quick drop biscuits, use $\frac{3}{4}$ cup milk and drop dough from a spoon on baking sheet.

Pecan Rolls

3 tablespoons Spry
3 tablespoons butter
 $\frac{3}{4}$ cup brown sugar, firmly packed
 $\frac{1}{4}$ cup pecan halves
1 recipe Baking Powder Biscuits (above)

You'll love the rich flavor of the nuts and brown-sugar glaze.

Honey Coconut Rolls

3 tablespoons Spry
2 tablespoons butter
 $\frac{1}{2}$ cup honey
 $\frac{3}{4}$ cup coconut
1 recipe Baking Powder Biscuits (above)

And there's no sugar in these luscious sweet rolls!

Tomato Luncheon Squares

1 recipe Baking Powder Biscuits (above)
8 slices cheese ($1\frac{1}{2}$ x $1\frac{1}{2}$ x $\frac{1}{4}$ inches)
8 tomato slices, $\frac{1}{2}$ inch thick
2 slices bacon, cut in narrow pieces

Serve this nutritious hot bread with a green salad and beverage.

Cheese Quickies

These jiffy biscuits are mighty tasty and wholesome. Try them!

- 2 cups sifted flour
- 3 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- 5 tablespoons Spry
- $\frac{3}{4}$ cup grated cheese
- 1 cup milk (about)

Waffles

Mouth-wateringly crisp and tender!

- 3 cups sifted flour
- $\frac{3}{4}$ teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ cup Spry
- 2 egg yolks, beaten
- 2 cups milk
- 3 egg whites, stiffly beaten

Griddle Cakes

If you wish, use $1\frac{3}{4}$ cups sour milk, 2 teaspoons baking powder, 1 teaspoon soda.

- 2 cups sifted flour
- 4 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ cup Spry
- 1 egg, beaten
- $1\frac{1}{2}$ cups sweet milk

Delicate Corn Bread

New, different, extra-light! See how pure Spry brings out that tempting corn flavor.

- 1 cup corn meal
- 2 tablespoons flour
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons Spry
- 1 cup boiling water
- 2 eggs, separated
- $\frac{1}{2}$ teaspoon baking powder

Date Nut Bread

Moist and fruity. Excellent for lunchbox sandwiches.

- 1 cup dates, cut
- $\frac{1}{2}$ cup nuts, chopped
- 1 cup hot water
- $\frac{1}{4}$ cup Spry
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup brown sugar, firmly packed
- 1 egg, beaten
- $1\frac{1}{2}$ cups sifted all-purpose flour
- 1 teaspoon soda
- $\frac{1}{2}$ cup Graham flour

SIFT flour with baking powder and salt. . . Cut in Spry until mixture is as fine as meal. . . Cut cheese into mixture until thoroughly blended. . . With a fork, stir in milk enough to make a soft, sticky dough. Drop from tablespoon on baking sheet, rubbed with **Spry Pan-coat*, allowing about 2 inches between biscuits. . . Bake in very hot oven (450°F.) about 12 minutes. . . Makes $1\frac{1}{2}$ dozen biscuits.

SIFT flour with baking powder and salt. . . Cut in Spry until mixture is as fine as meal. . . Combine egg yolks and milk; add to flour mixture and mix until smooth. . . Fold in egg whites. . . Bake in hot waffle iron. Serve hot with maple sirup. . . Makes eight 4-section waffles.

SIFT flour with baking powder and salt. . . Cut in Spry until mixture is like meal. . . Combine egg and milk. . . Turn liquids into dry ingredients and stir gently until blended. . . Drop by spoonfuls on hot griddle rubbed with Spry. When cakes puff and bubble, turn once and brown on other side. Turn only once. . . Serve hot with sirup. . . Makes 18.

COMBINE corn meal, flour, salt, and sugar. . . Add Spry and boiling water, stirring until Spry is melted and mixture is well blended. . . Add egg yolks and beat. . . Add baking powder to beaten egg whites. Fold carefully into corn-meal mixture. . . Pour batter into 8 x 8-inch pan rubbed with **Spry Pan-coat*. . . Bake in hot oven (400°F.) 20 to 25 minutes. . . Serve hot.

COMBINE dates, nuts, and hot water and let stand. . . Combine Spry and salt. Add sugar gradually and cream well. . . Add egg and mix. Add date mixture to creamed mixture, blending well. Sift flour with soda. Add white flour and Graham flour to date mixture and mix. . . Bake in 9 x 5 x 3-inch loaf pan rubbed with **Spry Pan-coat* in moderate oven (350°F.) 1 hour.

A fine-flavored, wholesome bread for the family table, lunchbox, or tea parties. Serve it in buttered sandwiches or with a filling of cottage or cream cheese, or cream cheese blended with candied orange peel.

*Recipe for *Spry Pan-coat* on page 17

Tips on making light, tender muffins

CUT in quick-blending Spry instead of melting it. This saves time and extra dishwashing. . . . To avoid tunnels and large holes in muffins, don't beat or overmix the batter. Stir vigorously, but only until all flour is dampened. The batter will look *lumpy*. . . . Just follow the recipes below and you'll be delighted with the light, tender, delicate muffins you get.

SIFT flour with baking powder, salt, and sugar. . . . Cut in Spry until mixture is like meal. . . . Combine egg and milk. Turn liquids into dry ingredients and stir vigorously until all flour is dampened. . . . Bake in Sprycoated muffin pans in hot oven (425°F.) 25 to 30 minutes. . . . Makes 12 muffins.

Prune Muffins. Fold into batter 1 cup cooked prunes, drained and cut in pieces. Bake as directed.

SIFT flour with corn meal, soda, baking powder, and salt. . . . Cut in Spry until mixture is like meal. . . . Combine eggs and milk and stir into corn-meal mixture. . . . Bake in Sprycoated muffin pans in hot oven (425°F.) 25 to 30 minutes. . . . Makes 1½ dozen muffins.

To substitute sweet milk for sour milk, use 1¾ cups sweet milk and 3 teaspoons baking powder; omit soda.

POUR milk over rolled oats. . . . Sift flour with baking powder, salt, and sugar. . . . Cut in Spry until mixture is as fine as meal. . . . Add egg-oatmeal mixture to dry ingredients and stir vigorously until all ingredients are mixed. . . . Bake in Sprycoated muffin pans in hot oven (425°F.) 25 to 30 minutes. . . . Makes 12 muffins.

SIFT flour with baking powder, salt, and sugar. . . . Cut in peanut butter and Spry. . . . Combine milk and egg. . . . Turn liquids into dry ingredients and stir vigorously until all flour is dampened. . . . Bake in Sprycoated muffin pans in hot oven (425°F.) 25 to 30 minutes. . . . Makes 12 large muffins.

Peanut butter adds nutritive value and delicious nut-like flavor to these golden, crusty muffins.

All measurements in this book are level



Muffins

- 2 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- ¼ cup Spry
- 1 egg, beaten
- 1 cup milk

For variety, use half Graham, half white flour.

Corn Muffins

- 1 cup sifted flour
- 1½ cups corn meal
- 1 teaspoon soda
- 1 teaspoon baking powder
- 2 teaspoons salt
- ¼ cup Spry
- 2 eggs, beaten
- 2 cups thick sour milk

For Corn Sticks, bake in Sprycoated corn-stick pans in hot oven (450° F.) 15 minutes.

Oatmeal Muffins

- 1½ cups milk
- 2 cups rolled oats
- 1 cup sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- ¼ cup Spry
- 1 egg, beaten

Rich in vitamins and minerals, packed with flavor. Serve them frequently.

Gypsy Nut Muffins

- 2¼ cups sifted flour
- 3¼ teaspoons baking powder
- 1 teaspoon salt
- 3 tablespoons sugar
- ½ cup peanut butter
- ¼ cup Spry
- 1 cup milk
- 1 egg, beaten

Two tablespoons honey or corn sirup can be used instead of sugar.

Homemade Bread

A real "staff of life" when made with enriched flour. And will your family love it!

- 2 cakes compressed yeast
- ¼ cup lukewarm water
- 1 teaspoon sugar
- ½ cup Spry
- 2 tablespoons sugar
- 1 tablespoon salt
- 2 cups scalded milk
- 1¾ cups water
- 11 to 12 cups sifted all-purpose flour

Oatmeal Bread

Makes good lunchbox sandwiches. Instead of brown sugar, try ¼ cup honey or ½ cup molasses.

- 2 cakes compressed yeast
- ¼ cup lukewarm water
- 1 teaspoon sugar
- ¼ cup Spry
- 1 tablespoon salt
- ¼ cup brown sugar
- 1 cup rolled oats
- 2 cups boiling water
- 5½ cups sifted all-purpose flour (about)

Cinnamon Rolls

Enviably light, tender, and spicy. A welcome dessert, too.

- 1 recipe Raised Doughnuts (page 34)
- ¼ cup Spry
- ¼ cup butter
- 1½ cups sugar (brown or white)
- 3 teaspoons cinnamon

CRUMBLE yeast into small bowl. Add lukewarm water and 1 teaspoon sugar and set in warm place until it becomes light and spongy (about 15 minutes). . . . Combine Spry, 2 tablespoons sugar, and salt in large bowl and add scalded milk and water. Stir until Spry is melted and cool until lukewarm. Add yeast mixture. . . . Add flour gradually, mixing very thoroughly, until a stiff dough is formed. Knead dough on floured board until smooth. Place in Spry-coated bowl. Brush dough with Spry, cover, and let rise in warm place until double in bulk (about 2 hours).

Shape dough into loaves and place in Sprycoated bread pans. Let rise until double in bulk (about 1 hour). . . . Bake in hot oven (425°F.) 15 minutes, then reduce temperature to moderate (375°F.) and bake 30 minutes longer. . . . Remove from pans and brush crusts with Spry. . . . Makes 4 loaves.

CRUMBLE yeast into small bowl. Add lukewarm water and 1 teaspoon sugar and set in warm place until it becomes light and spongy (about 15 minutes). . . . Combine Spry, salt, ¼ cup brown sugar, and oats in large bowl and add boiling water. Stir until Spry is melted. Let stand until lukewarm. . . . Add yeast mixture. . . . Add flour gradually, mixing very thoroughly until a stiff dough is formed. Knead dough on floured board until smooth. Place in Sprycoated bowl. Brush dough with Spry, cover, and let rise in warm place until double in bulk (about 2 hours).

Shape dough into loaves and place in Sprycoated bread pans. Let rise until double in bulk (about 1 hour). . . . Bake in hot oven (425°F.) 15 minutes, then reduce temperature to moderate (375°F.), and bake 30 minutes longer. . . . Remove from pans and brush crusts with Spry. . . . Makes 2 loaves.

DIVIDE dough into 3 equal parts. Roll each part into a very thin square, 15 x 15 inches. . . . Blend Spry, butter, sugar, and cinnamon. Spread ⅓ of mixture on rolled dough. Roll like a jelly roll and cut into 12 slices. Place, cut side down, in Sprycoated 8 x 8 x 2-inch pan. . . . Repeat, using 2 remaining parts of dough and remaining ⅓ of sugar mixture. . . . Cover and let rise until light. . . . Bake in hot oven (425°F.) 20 minutes. . . . Remove from oven and turn out on wire rack immediately. Makes 3 dozen rolls.

Hot Rolls. Shape dough as desired, let rise until light, and bake in hot oven (425°F.) 10 to 15 minutes.

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SPRY PAN-COAT

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THE FLAVOR SAVER